Chichester Herald

Friday 25th May 2012
YOUR FREE WEEKLY NEWSPAPER

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Case closed on trio

>> Chichester hospital death investigation ends with no charges

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

THREE Chichester hospital staff members arrested following the death of an elderly woman will not be investigated further.

Sussex Police has closed its inquiry into the incident after the Crown Prosecution Service decided to take no further action.

The trio were arrested and questioned by Sussex Police detectives after Joan Dixon, 77, died at St Richard's Hospital in Chichester.

Her death in October 2010 followed what was believed to be an overdose of heart medication.

The arrested workers were a 24-year-old woman from Chichester, a 42-year-old man from Emsworth in Hampshire and a 38-year-old man from Chichester.

They were rebailed several times while the investigation continued and were due to answer bail again this week.

However police have now confirmed the case has been closed following the CPS's decision.

Western Sussex Hospitals NHS Trust is now launching its own internal inquiry into the incident.

"The trust had to wait until the outcome of the police investigation before doing anything itself."

The staff involved are not working with patients on the front line at the moment and this will continue until the trust has finished its own investigation.

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College breaks World Record

THE TIME 12.50pm on Friday 18th May 2012 – a time when a world record was broken at Chichester College.

This was the date when hospitality and catering students at Chichester College broke the World Record for the World's Biggest Smoothie.

Preparations for the challenge began a day earlier with the arrival of bananas, strawberries, yoghurt and fruit juice from local suppliers who kindly donated the produce which the students chopped, blended and poured into a huge vat. Kenwood supplied the College with 20 food blenders which were worked hard to create the 1,280 litres of smoothie needed to break the record.

The actual work to break the world record began at 7am and was monitored by adjudicators from Thomas Eggar Solicitors who confirmed the attempt to make the world's biggest smoothie was a success, having monitored every litre of mixture which was poured into the enormous vat donated by Portsmouth water.

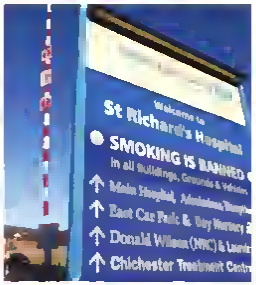
The previous world record was set in America with 1240 litres becoming the total the College hoped to break. Students aimed to break the record by creating 1,300 litres of smoothie however having exhausted the college, local suppliers and staff of all bananas, strawberries and other fruit they stopped at 1,280 litre, 40 litres above the previous world record.

The challenge was largely completed by 15 Level 1 Catering and Hospitality students and their chef lecturer, Michael Oliver, but they also received lots of help from other staff and students, especially towards the end of the challenge when it was all hands to the blender!

Students from local schools, visitors to the College's Food and Travel festival, staff and students all agreed the record breaking smoothie was delicious. Student Chloe Wilkinson said: "It's been really hard work but we all worked together to break the record. It was a really good experience but I'm not in a hurry to peel any more bananas soon! We are all really happy to have been involved in this challenge and proud to have broken the world record."

The Smoothie attempt was carried out as part of the College's Food and Travel Festival which has attracted lots of visitors to have a go at the round the world cooking stands and to watch the demos by local chefs.

The College would like to thank the many sponsors who helped make this world record possible.



Continued from page 1

A spokesman said the trust had to wait until the outcome of the police investigation before doing anything itself.

He said: "Following the completion of the criminal investigation we are now able to proceed with our own internal investigation.

"The members of staff involved will continue to work in roles where there is no direct contact until that investigation is finished."

Mrs Dixon, of High Street, Findon, near Worthing, had been described by her family as a "lively, funny, creative and complex woman".

An inquest into Mrs Dixon's death has been opened and adjourned.

Parklands goes for the Hat-Trick

HONOURING the Jubilee and the best traditions of the English country fete, the 'headline' act at this year's Parklands Community Primary School Summer Fair is a 'Best of British' themed hat parade.

Taking place this Saturday (26 May) from 1pm – 4pm, anyone wearing custom-made or customised head gear fit for royalty will be eligible to enter the competition parade, with judges awarding prizes for originality and effort. Entry to the Parade is free and open to all and those sporting titfers should arrive at the school in Durnford close by 1.20pm.

In addition to the head turning spectacle there will be fun, games and tasty treats for all the family to enjoy, including traditional sideshows, a grand raffle, an inflatable fun run, the Spirit FM roadshow with Vicky Edwards and Ian Crouch (who is sitting in for Milly Luxford on Saturday), a sizzling BBQ, cream teas and a beer and Pimms tent.

There will also be a visual feast of dazzling dance displays from Chichester Dance Centre. Showing off their Strictly skills, dance teachers will also be offering interactive fun, inviting visitors to try out Zumba taster sessions.

The event is organised by the Friends of Parklands School. Current Chair of the Friends, Paula Chatfield is excited by this year's line-up. "Each year for our Summer Fair we try to keep the old favourites and add something a little different. There are also quite a few prizes I wish I could win! The level of support leading up to the event is phenomenal, for which we are so grateful, and it's wonderful that so many local people of all ages turn out to enjoy the event and support our school."

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Tommy Boyd

ECONOMY AND FOOTBALL

It's the hot Catholic countries whose economies are shafted, yet it's hot Catholic countries who are generally best at football, carnivals and love Would you rather be German or Greek?

IDIOT

"Muttering idiot!" blurted our main man under the gaze of the world, at the Shadow Chancellor What was Ed Balls muttering? I understand he was muttering implications that Cameron is a bit of a boozer

PHILOSOPHY

I recently heard this one: "Would you rather be laughing in a Skoda or crying in a BMW?"

SUMMER STINKS

The sun is hot, and the A27 between Fontwell and Chichester is the place to get the windows down and sing along to the radio. Except the first thing the farmers do when it's warm is cover the fields with a thick treacle of manure. Which is another name for animal excrement And it stinks out the car even with the windows up Thanks guys!

YOUTH

27is the hardest birthday. Suddenly you're not young in your own eyes any more .But the current youngsters have digital video of themselves up on Facebook, and when they're 50 will be able to see themselves at 27, and will wonder at their own unlined wide-eyed innocence

50 is the best birthday You have all your powers and don't care about everything any more

FACEBOOK

If only it had been around for a long time We could go to Jesus's page, or Mohamed, and see them acting like they really were. A couple of mos enough blokes But they didn't glow in the dark or have a direct line to headquarters somewhere in outer space.

SPEAKING OF SPACE

Chichester car parks are now preceded by huge signs telling exactly how many spaces are available I've tried to work out how they calculate this. There are no barriers, no wires or light beams across the entrances.

DRIVING SCHOOLS

We get plenty of learners up where I live They are considerate and courteous and act as mobile speed bumps against the 45mph brigade. Yesterday I saw something new a learned driving school car in a foreign language Eastern European, or so it looked The name was "Zob"

Brilliant enterprise by somebody A UK pass is valid across Europe, and if your English is shaky you want an instructor who has your lingo. I wonder if you can take the test here, but in Ukranian?

THEORY

I have always maintained that left-handed people should be banned from driving If you're left handed you are also left-footed. Cars are built so the most important pedals (accelerator and brake) are operated by our most dependable foot (the right one) Leftus can pay extra for their own scissors, they should have special cars too I'm quite serious.

CONFUSION

I went into a Polish shop and asked for a tin of Pledge They had none .No Brasso either, or Duraglit. Just grey sausages and cabbage in jars Madness

JOKE

Barry Cryer's latest for you. "Stannah now do a stairlift that's so fast you get to the top before you've forgotten why you're going."

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"On Sat Oving Scarecrow Day near #Chichester Tractor rides, food & drink, craft demos! I am judging the scarecrows #fun"

@TheTommyBoyd

"I've changed my password, so any further Tweets will be mine apologies Don't know about you but I'm running out of passwords in this life"

@Spirit_FM

"The RAC claims a 50% rise in 25-44-year-olds using their smartphones to update their status while driving. Where's the oddest (legal) place you've done it?"

@gareththomas14

"Spending a full day in Chichester today filming.Feel like this place is my second home at the moment."

@Jkhen

"Selsey getting behind LRRSE 'Fun Dog Show' judged by @marchhevet That's village life for you. Just hope some dogs go in for 'Pooch Factor'!"

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Chichester Herald [illegible] available for self-selected pick up every day across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **45,000.**

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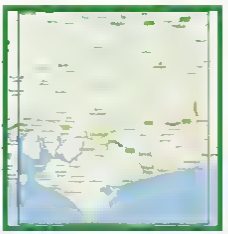

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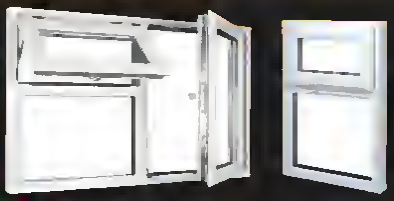

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Protecting our heritage for future generations

A NATIONAL initiative to tackle heritage crime and anti social behaviour has been supported by Chichester's Community Safety Partnership.

The Alliance to Reduce Crime against Heritage (ARCH) was launched by English Heritage to protect the country's historic environment for future generations. It aims to bring together a national network of organisations to tackle and reduce offences such as

- architectural theft,
- criminal damage,
- illegal metal detecting,
- graffiti,
- vehicle nuisance; and,
- arson.

Cllr Janet Duncton, Cabinet Member for Housing and Planning at Chichester District Council and has responsibility for Community Safety, signed a Memorandum of Understanding. The Memorandum is with English Heritage, the Association of Chief Police Officers (ACPO) and the Crown Prosecution Service to help tackle and reduce heritage crime offences.

"Our district has a highly valued and varied historic environment. It is key to making Chichester an attractive place to live, visit and work and is an important economic driver supporting our tourism industry. We need to make sure that we protect it, and this initiative is another way that we can do this," says Cllr Duncton.

"Heritage crimes in Chichester have included metal detecting on archaeological

sites, metal theft from historic buildings including Petworth House, and the alteration of listed buildings without consent. We hope that this new initiative will help support the work we already carry out to tackle these offences."

Local history societies, amenity groups, neighbourhood watch and residents' associations will be encouraged to raise awareness of the risk of criminal damage to historic sites and buildings in their area.

Many other organisations are also supporting the initiative, including:

- the National Trust,
- the Church of England,
- Crimestoppers,
- the Woodland Trust, and,
- the Historic Houses Association.

For more information, please contact Chichester's Community Safety Partnership on 01243 534600 or email community@chichester.gov.uk.

Or go to the English Heritage's website www.english-heritage.org.uk.

West Sussex County Councillor heads new Police and Crime Panel

A WEST Sussex County Councillor has been chosen as Chairman of the Shadow Police and Crime Panel for Sussex (PCP). Brad Watson OBE heads the panel until it becomes the Police and Crime Panel, and starts work officially in November.

The Panel includes one councillor from each of the 15 local authorities in East and West Sussex, plus two lay members. Its role will be to review the Police and Crime Plan and the budget of the new Police and Crime Commissioner for Sussex, who is to be directly elected by voters across Sussex on November 15.

"It is going to be a challenging role, but it's one I'm looking forward to," said Brad.

"West Sussex County Council is overseeing the setting-up of the PCP, and will be operating it for the first year. Between now and November we will be spending our time on getting the working arrangements for the PCP right."

One of the Police and Crime Panel's first tasks will be to review the draft Police and Crime Plan which will be drawn up by the Commissioner, and ensure public accountability and transparency.

The new Commissioner will replace Sussex Police Authority, and will hold the Chief Constable to account. However he or she will have no part in day to day police operations.

All police authorities are being abolished and replaced by the directly elected Commissioners.

- THE MULTI-coloured Rainbow Flag, international symbol of the Lesbian, Gay, Bisexual and Transgender community, was flying today from West Sussex County Council buildings including County Hall, Chichester.

It is marking IDAHO – the International Day Against Homophobia and Transphobia – which was launched nine years ago with the aim of creating a global community sharing the idea of a world without homophobia.

Hundreds of associations in more than 50 countries have used the day to raise public and political awareness of LGBT rights.

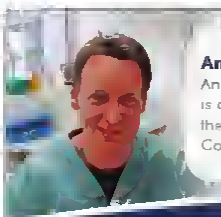
The event is held on May 17 because that is the anniversary of the World Health Organisation's decision in 1990 to remove homosexuality from its list of mental disorders.

Louise Goldsmith, Leader of the County Council, said: "Flying the Rainbow Flag from our offices is a highly visible demonstration of our continuing commitment to LGBT initiatives.

"Homophobic bullying is totally unacceptable as indeed is any form of bullying. I firmly believe that every organisation should pride itself on treating every person as an individual.

"I am very pleased that Stonewall continues to rank the County Council as one of the top 100 LGBT friendly employers in the U.K."

Louise has also confirmed that the County Council will have a stand at the famous Brighton 'Pride' event on September 1 when it will be showcasing a wide range of services.



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British Dental Trade Association

Cadets impress

CADETS James Lee, Harley Allan, John Britton and John Scott from Chichester High School CCF participated in 2 Bde & 145 Bde Combined Regional First Aid Competition at Bramley Weekend Training Centre

Not only did they storm the CCF qualifying stage to go to the Nationals at Royal Military Academy Sandhurst in October, but they also got the highest score beating the ACF and ATC teams too

Cadet James Lee was awarded a second medal for the highest individual score in the competition. The team passed their St John's Ambulance Youth First Aider Award on the 1st April 2012 which was run at their Contingent.

With only three weeks to go until the competition, they put in extra hours training to give them a fighting chance, and it certainly paid off.

Decision to change the subsidies to the non-commercial bus services comes into effect

WEST Sussex County Council's Cabinet Member for Highways and Transport has decided to give bus companies more time to put some subsidised routes on a commercial footing

The authority is in the third and final phase of a programme to reduce the subsidy it gives to bus companies for non-commercial routes.

This is part of a drive by the County Council to cut spending by £70 million over three years following significant grant reductions from central government

Pieter Montyn has sanctioned a proposal, put forward by the bus companies, where operators have indicated they are able to develop some services in the expectation that they can remain with very low or no subsidy.

The recommendation received the support of the Environmental and Community Services Select Committee at a meeting held last month

The call-in period has now passed and the decision has come into effect

Pieter said, "The decision has been made to reduce the subsidies, but we are now working closely with the bus operators to explore all the avenues available to us."

Further details on the changes to subsidising the county's non-commercial bus routes will be made available from June onwards

Family fun on the Salterns Way

OVER a hundred keen cyclists enjoyed a sunny ride on the Salterns Way on Sunday 13 May as part of a charity fun ride organised by St Wilfrid's Hospice and Macmillan Cancer Support

The 12 mile fun ride travelled from The Cross, Chichester, to East Head at West Wittering, through the beautiful countryside of Chichester Harbour Area of Outstanding Natural Beauty

Nicky Horter, Countryside Officer for Chichester Harbour Conservancy which supported the event said, "It was great to see so many families out enjoying the Salterns Way route whilst raising money for two wonderful causes."

The charity cycle ride is a fun event held annually in support of St Wilfrid's Hospice and Macmillan Cancer Support. Last year just under £9,500 was raised in total, and divided between the two charities. The Salterns Way is a permissive cycle route provided by Chichester Harbour Conservancy

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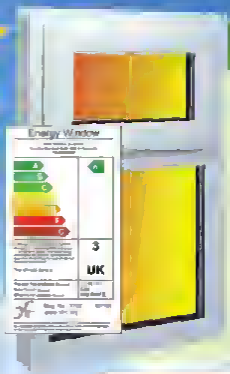

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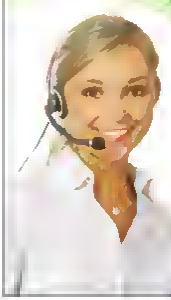

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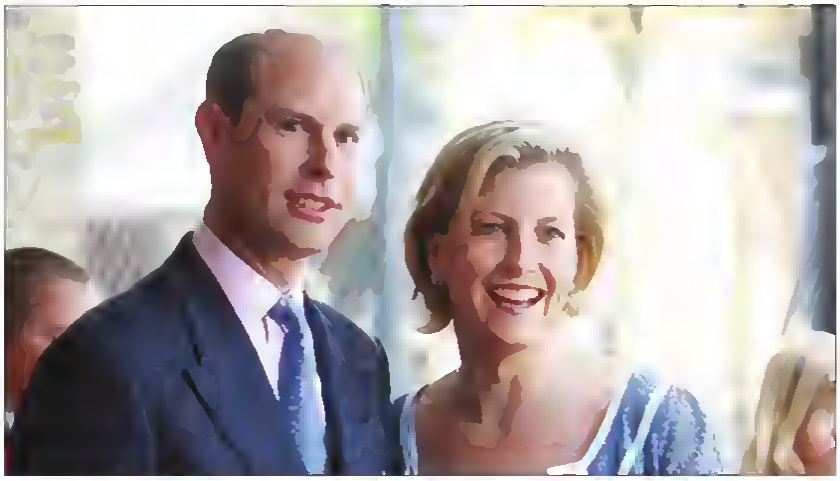
The Earl and Countess of Wessex to visit West Sussex



THE Lord-Lieutenant of West Sussex, Mrs Susan Pyper is delighted to announce that, as part of the Diamond Jubilee celebrations, The Earl & Countess of Wessex will be visiting West Sussex on Friday June 8.

The Royal Couple will be visiting four venues in the west of the County:

• Canine Partners in Heyshott. This popular charity aims to transform the lives of people with disabilities by providing them with highly trained assistance dogs which enable them to live more independently. Their Royal Highnesses will have the opportunity to see dogs at various stages of training, meet recipients who benefit from the dogs, and the organisation's volunteers.

• The Weald & Downland Museum at Singleton. The Royal Couple will tour this open air museum & meet volunteers and representatives of the uniformed youth voluntary organisations from the County. There will also be the opportunity for young people from the Duke of Edinburgh's Award scheme to meet the Earl & Countess.

• Pallant House Gallery, Chichester. Home to an unrivalled Collection of Modern British Art, the Gallery has won numerous awards since reopening in 2006 with a contemporary extension, including the Gulbenkian Prize, the largest prize for arts and cultural organisations in the country. The judges awarding the prize described it as a 'jewel of a gallery'. Their Royal Highnesses will tour the award winning Gallery and view the current exhibitions – Keith Vaughan: Romanticism to Abstraction and The Art of Chichester Festival Theatre: A Celebration. They will also meet staff and participants from the Gallery's pioneering Community programme.

• Festival of Flowers in Chichester Cathedral. This has been described by The Church Times as 'The Gold Standard' of Flower Festivals'. During the Festival the Cathedral is transformed by the talents of 150 flower arrangers working with than 50,000 flower stems. This year, the theme is 'Every Book Tells a Story' and more than sixty British books will be interpreted in flowers, trees and gardens. Their Royal Highnesses will have the opportunity to see a number of displays, as well as meeting their arrangers and organisers of the Festival.

The Lord-Lieutenant said: "We are most grateful to their Royal Highnesses for agreeing to visit us as part of Her Majesty The Queen's Diamond Jubilee celebrations. We are hoping that they will enjoy the four venues that we have chosen, which reflect the diversity of what our special county has to offer."

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Young cooks impress the judges

TWO young students have impressed judges at Chichester College with their locally inspired menu earning them a prized place in the Regional Final of the '2012 Create and Cook Competition'

Sian Thackray and Roshana Nagi, both aged 13 from Felpham Community College, cooked a stunning dish of Sussex sea bass with a saffron broth and seasonal vegetables plus a lemon meringue pie with homemade raspberry sorbet.

Roshana and Sian

"Sian and Roshana are very skilful young cooks. Their saffron broth inspired by Roshana's Indian background was beautifully flavoured," explains Min Raisman from fitcook food education which runs the Competition. "The Create and Cook Competition aims to inspire young cooks to use local ingredients to create dishes which have a flavour of where they live."

The girls also used eggs from Sian's chickens and produce from their local Middleton Farm Shop. Supporting local food producers is something the main sponsors, The Southern Co-operative are committed to with their Local Flavours Range.

Also in the final were fellow pupils Rebecca Wood and Maddison Young from Felpham Community College who cooked a lovely chicken roulade stuffed with Sister Sarah goat's cheese and spinach plus a strawberry cream tart.

The Regional Final of The Create and Cook Competition will be between West Sussex and Hampshire schools and will be held on Thursday 21st June at Newlyns Farm Cookery School near Hook in Hampshire. The overall 2012 winners will win the fitcook trophy, £1,000 for their school food technology department and a cookery masterclass with a top local chef.

The Competition is sponsored by The Southern Co-operative and supported by the Centre of Excellence for Regional Food and Drink at Brinsbury, Chichester College and West Sussex County Council.

Alumnus' novel is shortlisted for top creative writing prize

A GRADUATE from the University's MA in Creative Writing is to discover on whether she has won one of the country's top writing prizes.

Juliet West will join five other shortlisted writers at the Pavilion Theatre in Brighton, where the organisers of the Mynad Edition Competition will reveal who has won the top prize of a week's writing retreat with full board at West Dean College, West Sussex.

Juliet's work was chosen from hundreds of entries by aspiring novelists, short story writers and playwrights, who were asked to send in 5,000 words of a work in progress, plus synopsis.

Juliet's as-yet-untitled entry is set in London's Docklands during the First World War and tells the story of a young mother who falls in love with another man while her husband is away fighting.

"The book is based on a true story which I researched while working as a newspaper journalist in London during the late 1990s," said Juliet, who lives in Billingshurst, West Sussex, and works part-time as a freelance copywriter.

She added: "I am delighted and honoured to be on the shortlist – the announcement has really spurred me on as I work towards completing the first draft.

"I didn't begin writing the novel until after my MA graduation in 2010. However, I don't think I could have tackled this ambitious project without the knowledge and skills gained during the course.

"The creative writing staff at the University of Chichester are extraordinarily dedicated, and have helped to inspire so many success stories. I hope that one day my novel will be added to the list!"

Juliet is originally from Worthing, and attended Durrington High School and Worthing Sixth Form College. She is married with three children.

The winner of the Mynad Editions contest will be announced at a Brighton Festival event, 'Crafting a Great Story', just as the Chichester Herald was going to press. The winner will have the chance to discuss their work with Mynad's Fiction Editor, Vicky Blunden.

The University's Department of English & Creative Writing has a good track record in the contest. Current PhD student Peter Whittick was joint winner of the Mynad Editions prize two years ago. He later praised the organisers at Mynad publishing house for giving him the opportunity of a week of undisturbed writing.

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DAY EXCURSIONS

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07 & 08 Jun	SOUTH DEVON FLOWER SHOW Ardingly	
12 Jun	KENSINGTON PALACE - VICTORIA REVEALED EXHIBITION OR HARRODS	
13 Jun	SINGING IN THE RAIN Palace Theatre	
13 Jun	SWEENEY TODD with MICHAEL BALL Adelphi Theatre	
21 Jun	LADIES DAY AT ASCOT	
22 Jun	HUGHENDEN MANOR (National Trust)	
23 Jun	LONDON DUCK TOUR, LONDON EYE & LUNCH	
23 Jun	GOODWOOD AIR DAY	
26 Jun	OSBORNE HOUSE & VENTNOR BOTANICAL GARDENS	
28 Jun	LEGALLY BLONDE Mayflower Theatre	
30 Jun	DREAMBOATS & PETTICOATS The Playhouse Theatre	
30 Jun	BLOOD BROTHERS Phoenix Theatre	
04 Jul	CRUISE INTO THE CHILTERNS With 2 course lunch	
5, 6 & 7 Jul	HAMPTON COURT FLOWER SHOW	
15 Jul	FARNBOROUGH AIR SHOW	
15 Aug	THE LION, THE WITCH & THE WARDROBE Kensington Gardens	
27 Aug	JLS Hove Cricket Ground	
08 Sep	BBC PROMS IN THE PARK with KYLIE, IL DIVO & ALFIE BOE	
15 Sep	BLOOD BROTHERS Mayflower Theatre	
17 Sep	THE VOICE UK LIVE Brighton Centre	
19 Sep	THE LION KING Lyceum Theatre	
19 Sep	LES MISERABLES Queens Theatre	
04 Oct	42nd STREET The Mayflower Theatre	
09 Oct	JERSEY BOYS Prince Edward Theatre	
11 Oct	TOP HAT Aldwych Theatre	
13 Oct	CIRQUE DU SOLEIL MICHAEL JACKSON - THE IMMORTAL WORLD TOUR 02 Arena	
18 Oct	MAMMA MIA Novello Theatre	
18 Oct	LET IT BE Prince of Wales Theatre	
19 Oct	JOHN WILLIAMS Both BIRTHDAY CONCERT with The Royal Philharmonic Orchestra The Royal Albert Hall	
26 Oct	TOP GEAR LIVE NEC Birmingham	
1 & 3 Nov	ICE AGE LIVE Wembley Arena	
08 Nov	THE MOUSETRAP Mayflower Theatre	
17 Nov	MOTORWORLD LIVE Excel, London	
22 Nov	ENGLISH NATIONAL BALLET THE NUTCRACKER Mayflower Theatre	
23, 24 & 25 Nov	BRIGHTON ICE SHOW SPEED Brighton Centre	
29 Nov	STARLIGHT EXPRESS Mayflower Theatre	
05 Dec	MATILDA THE MUSICAL Cambridge Theatre	
13 Dec	DOLLY PARTON'S 9 TO 5 THE MUSICAL Theatre Royal Brighton	
19 Dec	ANDRE RIEU LG Arena Birmingham	
20 Dec	THE LONDON INTERNATIONAL HORSE SHOW Olympia	
05 Jan	JACK & THE BEANSTALK Mayflower Theatre	
20 Jan	RONAN KEATING - EIRES LIVE Brighton Centre	
23 Jan	THE BODYGUARD Adelphi Theatre	
24 Jan	WAR HORSE New London Theatre	
31 Jan 14 Feb	PHANTOM OF THE OPERA The Mayflower Theatre	
14 Feb	ALFIE BOE Brighton Centre	
28 Apr	JAMES LAST & HIS ORCHESTRA BIC Bournemouth	
01 May	WALKING WITH DINOSAURS Wembley Arena	

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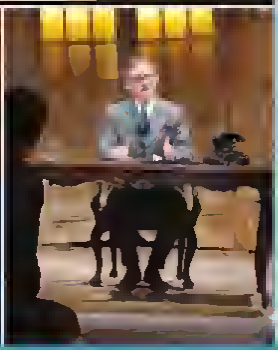

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FESTIVAL THEATRE 7 - 29 SEPTEMBER

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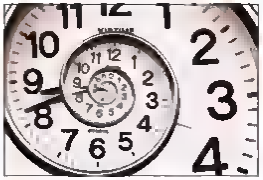
Time is ticking away



Mia Edwards

TIME IS SO, so strange; it doesn't seem like long ago that I almost salivated at the thought of being all grown up, of going to big school, of wearing makeup and passing all of my exams with effortless intelligence and having an endless ability to stay awake. Unfortunately, Past Me was clueless as to how the world really works. Present Me knows that you grow up only to feel overshadowed by your peers, that you wear makeup to cover up insecurities, that exams are vile and not so easy and that you in fact lose the ability to stay awake when you're older and actually feel gross and annoyed if you don't get enough sleep.

I don't mean this to sound massively depressing. There are also loads of perks of being older; Present Me also knows that when I turn fifteen in a few months, I'll be able to get into the cinema and see the good films. I also understand the world better and can really work out who to trust. I have real friends, who I can talk to about virtually anything. I fit the clothes in the adult section. I get opportunities that I wouldn't if I was younger. There are plenty of perks.

Still, teenagerdom is a bit of a letdown at times. In the films it's shown to be full of glamour and giggles. Sometimes it seems sad that I spent those young, chilled, innocent days wishing I was older, forgetting to enjoy the perfectly wonderful life that I was already leading.

It's difficult not to have at least some regrets. Despite the fact that I never reached her expectations, it's a relief to think that I would have done Past Me proud. I'm comfortable with who I am, and stand up (most of the time) for myself and for what I believe in. And even if me and my friends still have room for improvement, it's a relief for us to know that there's still time to build ourselves into better, more exciting people, because there will always be a Future Me, who I will always have time to improve for. (I say all of this because I'm in one of those weirdly sentimental moods, so excuse the Hollywood optimism of it all.)

Operation Accent launched in Arun

POLICE, local authorities, businesses and community groups have come together as a determined bid to cut crime across Arun District over the next year.

Between April 2010 and March 2011 there was a 7.0% rise in the overall number of offences committed. Extensive work has been undertaken to establish the cause, which has shown that of the 443 offences committed, many of the suspects/offenders are of Eastern European origin.

Operation Accent is a new initiative which has been set up to specifically target these offenders and Sussex Police will be working closely with partner agencies to disrupt their criminality as well as reduce any vulnerability and improve trust and confidence.

Arun's District Commander, Chief Inspector Jane Derrick, said: "What should be stressed is that whilst this group of people are believed to be responsible for some of the increase in crime across Arun, they are not solely responsible for all of it – despite what some residents locally believe.

'Together with our partners, this is about working with a community that we don't understand. We can't do this alone. We need to specifically identify victims and offenders, focussing on vulnerability to reduce and prevent crime and anti-social behaviour.

"Today was about getting the support from local businesses, community groups and those who work directly with this section of Arun's population. Our aim was to raise awareness of the problem we are facing, identify all the agencies who we can work with and to agree to share information with the ultimate aim of reducing crime in Arun."

Improving the lifestyle of some of those identified is one of the key aspects of Operation Accent as research has shown that alcohol and illegal drugs are significant factors of suspects and victims.

"The driver for many of those who commit crime is to fund a habit," added CI Derrick. 'Through outreach workers, support can be offered to change those lifestyles long term – reducing vulnerability as well as crime."

Operation Accent is a long-term strategy with a number of initiatives and police action planned for the coming months.

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AUG	13	Great Malvern, Abbey Hotel	5 days From £343
	13	Warner Holme Lacey	5 days From £399
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	15	Isle of Man	8 days From £541
SEP	03	Pembrokeshire Coast	5 days From £327
	03	Torquay	5 days From £299
	07	Paris Short Break	3 days From £215
	07	Snowdonia	4 days From £262
	09	Lake District Boats & Railways	6 days From £477
	10	Warner Bembridge Isle of Wight	5 days From £413
	15	Lake Garda	10 days From £799
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	28	Sidmouth	5 days From £417
OCT	01	Heart of England Malvern & Worcester	5 days From £343
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OCT	29	Singles Cotswolds	5 days From £399
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	10	In Memory	3 days From £185
	12	Valkenberg Turkey and Tinsel	5 days From £331
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	20	Thursford Spectacular Mini Break	3 days From £241
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	26	Warners Bembridge Coast Turkey & Tinsel	5 days From £361
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	30	Thursford Christmas Show	4 days From £265
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DEC	21	Christmas in Austria	8 Days From £699
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	23	Christmas in the Cotswolds	5 Days From £479
	23	A Return to Christmas at Limpley Stoke	5 Days From £461
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Olympic hopeful backs new programme to support local athletes

NUFFIELD Health Chichester has launched Athlete in Residence, a programme of support to help sports people achieve their goals. Open to everyone regularly participating in sport, from rising stars to medal winners, aged 16 years and above, it celebrates the achievements of local sports people and how this may have positively improved their health.

Backed by 2012 Olympic hopeful Lawrence Okoye, British record holder in the discus, he says: "I support the Nuffield Health Athlete in Residence programme, the professional support and guidance that you'll receive will have a positive impact on your performance. Having played Rugby for a few years, I took up training for the discus in September 2010 and am now aiming for the Olympics."

Each Nuffield Health Fitness and Wellbeing Centre in the UK will choose one local sports person to become their Athlete in Residence. The selected participants will benefit from a year's free membership, personal training sessions, and regular health MOTs.

Tim Wilcock, General Manager, Nuffield Health Chichester, said: "In this Olympic year, sport and fitness are top of the cultural agenda in the UK. By being able to offer our Athlete in Residence the benefits of regular guidance and a top training facility, we can help them develop and grow in their chosen sport. Whether you play in the local league, represent your local club at national or even international competitions, we can help you.

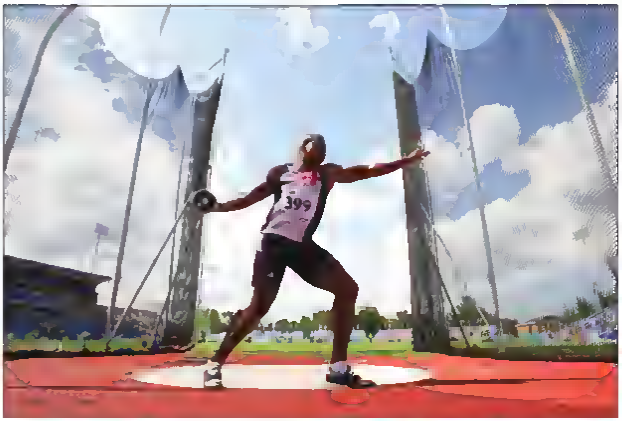
"This programme is about supporting people to be the best they can at the sport they love and demonstrate how it helps them to stay healthy. The legacy of the Olympics this summer should inspire ordinary people to keep fit and healthy all year round. You don't have to be an elite athlete or the greatest player. We're looking for people who have a real passion and an inspirational story to share."

The Nuffield Health Athlete in Residence programme is supported by Lucozade Sport and Maximutrition.

Entries close on Friday, 29 June at 5pm and the successful candidates will be announced at their local Nuffield Health Centres in August.

To find out more information and put forward your entry, visit www.nuffieldhealth.com/athlete or contact Nuffield Health Chichester on: 01243 788078. Alternatively Email: Chichester.membership@nuffieldhealth.com

Nuffield Health Fitness & Wellbeing Centre, Chichester Gate, Chichester PO19 6EL



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★ NEW gardens for 2012

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The search is on...

LOCAL charities in Chichester are in with a chance of receiving a year's worth of fundraising support thanks to Sainsbury's Chichester. The retailer's Local Charity Partner scheme is now in its fourth year and colleagues at the store, situated in Westhampnett Road, is looking for a local charity that they can provide help and support to from 20th June.

Sainsbury's Chichester is asking customers and colleagues to put forward the names of charities based in Chichester that are important to them. From 7th to 23rd May, customers can vote for their favourite local charity. To vote, customers simply fill out a form and pop it into the store's Local Charity Partner voting box, situated at the front of the store.

A shortlist of nominations will be drawn up after the closing date and the store's colleagues will then invite the three charities that they feel best fit the needs of the community into store to talk about how Sainsbury's can support them.

Last year, the store's Local Charity Partner was The Snowdrop Trust. During a year's worth of fundraising, colleagues managed to raise over £3,000. Following the partnership, the store will continue to provide support to the charity, including store front collection days and awareness days.

Look great this summer with Roscoe Hairdressing

TUCKED away at the top of a spiral staircase along St Pancras, there's something exciting happening this summer. Having opened just six months ago, Roscoe is one of Chichester's best kept secrets. Within a classic yet stylish, elegant and eclectically furnished salon, our team of highly skilled and passionate stylists are ready to deliver a friendly and personal experience, focused on YOU.

At Roscoe we pride ourselves on consistently delivering a service of the highest standard, working intimately with clients to create a look tailored to individual wants and needs, taking the time for an in depth consultation to discuss lifestyle and hair history, as well as taking into account all factors from face shape to hair texture.

As well as celebrating our first summer, we're also looking forward to introducing our new rooftop terrace, the perfect environment for our guests to savour the sun whilst their colour develops (and even if the weather fails to deliver this summer, our beautifully decorated technical studio offers a peaceful haven in which to relax as the rain falls upon the velux windows).

As proud stockists of Wella styling and colouring products, we're also thrilled to announce the release of the new Illumnous range in July, providing intense shine and luminous permanent colour. Leading our team of stylists is salon owner Adam Turner, who holds Wella's prestigious master colourist certification.

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Chichester Business

£2 million boost for local rural businesses and communities

MORE THAN £2 million has been awarded to local businesses and voluntary groups and a further £800,000 is now available to fund more projects to support the rural economy and communities

The good news and grants comes from the two LEADER groups administered by West Sussex County Council's Economic Development Team

The LEADER scheme brings together local farmers, businesses and community representatives to identify how funding from the Government's Rural Development Programme for England can best meet local needs

So far grants have been awarded to 115 projects for a wide variety of activities across the LEADER areas, which include most of rural West Sussex.

The most recent awards include...

• £37,000 to help a growing business selling local venison and game move into larger premises at Duncton.

• £14,800 for new equipment at a children's playground in Fishbourne

• £30,000 to help a farm near Petersfield open a tearoom specialising in local produce.

The Department for Environment, Food and Rural Affairs has recognised LEADER's success by allocating an extra £214,000 to help more projects in West Sussex.

Farms and small rural businesses can apply for grants to improve their competitiveness and create jobs. Community groups and parish councils can apply for funding to improve facilities, increase access to key services or for conservation and heritage projects

Lionel Barnard, Deputy Leader of West Sussex County Council who is responsible for the Communities, Environment and Enterprise portfolio, said: "To date projects supported by LEADER have helped 105 businesses and created and secured more than 320 new and existing jobs.

"More than 50,000 residents will benefit from community improvements, such as village halls, leisure facilities and community shops.

"The rural economy is vitally important in our part of the world, so I would urge potential applicants to contact the LEADER team without delay because all the funding has to be used by December 2013."

For further information about LEADER grants visit the County Council website at www.westsussex.gov.uk/rdpleader email rdpleader@westsussex.gov.uk or telephone 01243 750006

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cinema

The Dictator (15)

★★★☆☆
THREE out of Five stars

Running time 83 mins
Director Larry Charles
Starring: Sacha Baron Cohen, Anna Faris, Ben Kingsley, Jason Mantzoukas, John C Reilly, Megan Fox, Ed Norton Chris Parnell

A straight narrative comedy rather than the candid camera style antics of Borat and Bruno, The Dictator has a flimsy plot and occasionally misfires but it also delivers several decent laughs (albeit highly offensive ones) and earns extra points for its ruthlessly short running time

What's it all about?
Directed by Larry Charles, The Dictator stars Sacha Baron Cohen as General Aladeen, the "beloved oppressor" of North African state Wadiya, who finds himself in a diplomatic crisis after giggling while pronouncing his uranium would only be used for clean energy purposes. Forced to travel to the US in order to give a speech at the UN, Aladeen instead finds himself tricked by his duplicitous uncle Tamir (Ben Kingsley, largely wasted) and replaced by his own double, an easily manipulated idiot goatherd.

Although Aladeen escapes captivity, he finds that with his beard shaved off, no-one believes he's the rightful dictator of Wadiya, so he ends up penniless on the Manhattan streets, before being rescued by vegetarian food store owner Zoey (Anna Faris). With the help of his former nuclear expert Nadal (Jason Mantzoukas), Aladeen schemes to re-replace his own double before an imminent treaty can bring democracy to his country, but he finds himself distracted by his growing feelings for Zoey.

The Good

Eschewing the candid camera style comedy set-ups of Borat and Bruno, The Dictator marks a return to straight narrative features for Baron Cohen, though the raging egomaniac fish-out-of water element is still present and correct (and, in fact, there's one scene that may well have been shot candid camera style, when Aladeen asks a passing police car "How much do you charge for an assassination?"). As a result, the flimsy plot is really just an excuse for a barrage of highly offensive gags, lines ("Are you having a boy or an abortion?") and comic set-pieces, though it's fair to say that there are several decent laughs along the way and the script does at least get a brilliantly satirical speech in at the end, where Aladeen outlines all the benefits of a dictatorship and describes ... America.

Cohen's comic timing is impeccable and he does a good job as Aladeen, while there's strong comic support from Anna Faris (sporting a "little boy's" haircut) and Jason Mantzoukas (who's very funny as Nadal), as well as a couple of amusing cameos (there's a good running joke about dictators paying to have sex with film stars).

The Bad
Needless to say, with the script piling the gags this high, it's inevitable that some of them will fall flat and there are several moments (e.g. a baby delivery scene) that don't work. Similarly, the character doesn't feel as well thought out as Baron Cohen's previous creations, particularly in regard to his speech patterns and vocal quirks.

Worth seeing?
The Dictator is a gleefully offensive and frequently funny comedy that delivers more hits than misses, though it could have done with a little bit more of a satirical edge.

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TRUSTEES required for Chichester and District.

Home Start Chichester and District (Registered Charity No 1123768) require new Trustees to join the board with experience in one of the following. Finance, Law or Public Sector Management/ Development. We require people with sound independent judgment, who have the ability to think creatively and are willing to speak their mind. We would be interested to receive applications from professionals either retired or still working.
We are a voluntary organisation committed to promoting the welfare of families with at least one child under the age of five. Our volunteers offer regular support and practical help to families, to improve outcomes for their children, thus helping to prevent family crisis and breakdown. Applications including CV to Val Hughes, Chairman, Home Start Chichester & District, Chichester Nursery School Children & Family Centre, St James Road, Chichester PO19 7AB or e-mail admin@home-startchichester.org.uk

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Q. SACHA BARON COHEN STARTED HIS CAREER AS WHICH FAMOUS CHARACTER FROM STAINES?

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B) BORAT
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Send your answer, full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random on [illegible] May at midday. The winner will be notified later on that day.

• Last weeks winner is Ashleigh Gaze, from Chichester

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June sky diary 2012

By PETER LITTLEJOHNS

THIS MONTH the Moon will act as a guide to several of the planets, but to spot Mercury you will need to be able to see an unpolluted western horizon as it is close to the two day old Moon on the 21st.

Venus has vanished from our evening sky and will reappear in the dawn sky. As dawn breaks on the 6th of June, Venus will move across the face of the Sun, known as a transit, but we will only be able to see part of this event from the U.K. Never use binoculars or telescopes unless you are using specialised filters or the projection method.

[illegible] northerly point in the sky giving us the longest day of the year and the start of summer.

The red planet Mars, which is between Virgo and Leo in the south-west, will be just above the Moon on the 29th of the month.

Jupiter has now reappeared from behind the Sun and is rising in the east at around 02:30 and will be very close to the Moon on the 17th.

Mid-month after about 22:00 is the best time to see the lovely ringed planet Saturn in the southern sky and the Moon will be close-by on the 1st and the 28th.

The meteor shower this month has a [illegible], the first of which is on the [illegible] and the second being on [illegible]. Both have a ra[illegible]

Planetarium Shows and Dates - June 2012

Monday	04	3.30pm	The Moon, Our Nearest Neighbour
Tuesday	05	3.30pm	Prepare for Blast-off!
Friday	08	7.30pm	The Stars This Month
Sunday	10	3.30pm	Seven Wonders of the Solar System
Friday	15	7.30pm	Our Violent Sun and Space Weather
Sunday	17	3.30pm	The Hunt for Earth-like Planets
Friday	22	7.30pm	Summertime Stars, Moon and Planets
Sunday	24	3.30pm	Is There Life on Mars? ***

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the Tourist Information Centre, South Street, Chichester.
Alternatively please phone 01243 775400 or ticket hotline 07828 297252 to reserve your tickets.
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A map showing our location can be found at: www.southdowns.org.uk

Chicbester Cathedral celebrates Diamond Jubilee with special service of Thanksgiving

Saturday 16th June at 3.30pm
All are welcome

CHICHESTER Cathedral will be celebrating the Diamond Jubilee with a special Thanksgiving Service for the Diamond Jubilee of Her Majesty The Queen. The service will take place at the Cathedral on Saturday 16th June at 3.30pm.

This special service will celebrate the Queen's service to the Nation, Church and Commonwealth and will be attended by representatives from East and West Sussex including the Lord Lieutenants of East and West Sussex, the High Sheriffs of East and West Sussex and Civic Leaders from across the county. The service will include music performed by the famous Chichester Cathedral Choir and the University of Chichester's Gospel Choir.

Members of the public are warmly invited to attend and can apply for tickets (tickets are needed only to allocate seating – there is no charge to attend) by sending a stamped addressed envelope to the Liturgy and Music Department (ref: 0cp), The Chantry, Cathedral Cloisters, Chichester, PO19 1PX.

For further information please telephone 01243 782595 or visit www.chichestercathedral.org.uk

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Fri 25 May- 13.15 In Darkness; 13.30 Film Course (Cry Freedom), 20.15 2 Days in New York (15) 91m, 18.30 Angel and Tony (15) 88m, 20.45 Even the Rain (15) 104m
Sat 26 May- 13.15 Angel and Tony; 15.30 In Darkness, 18.30 2 Days in New York, 20.45 The Artist (PG) 100m
Sun 27 May- 13.15 2 Days in Paris (15) 96m, 15.30 2 Days in New York, 17.45 The Artist, 20.00 Even the Rain
Mon 28 May- 12.30 Even the Rain, 14.45 The Artist; 17.00 Angel and Tony
Tue 29 May- 14.00 The Artist, 16.15 Breathing (15) 90m, 18.30 2 Days in New York, 20.45 Carancho (15) 107m
Wed 30 May- 14.00 Carancho, 16.15 2 Days in Paris, 18.30 2 Days in New York, 20.45 The Artist
Thu 31 May- 14.00 The Artist, 16.15 Carancho, 18.45 Breathing, 21.00 2 Days in New York

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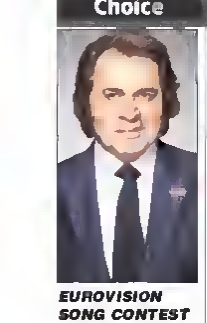

EUROVISION SONG CONTEST 2012
BBC1, 8pm

Damera Norton commentates on the 57th season of the musical extravaganza from the Crystal Hall in Baku, Azerbaijan – the first time the former Soviet republic has hosted the competition. Engelbert Humperdinck is looking to add another achievement to his glittering career by becoming the first UK winner since 1997 with his ballad Love Will Set You Free, and will be the first of tonight's 26 finalists to take the stage. However he is unlikely to face strong competition from Italy's Nina Zilli, whose pop gem Love Is Dead is the bookmakers' favourite, while Ukraine's Gaitana has been heavily tipped by both pundits and bookmakers.

BBC1

6.00 Breakfast. 10.00 Saturday Kitchen Live. 11.30 Rayner and Stacey Kitchen Secrets. (R) 12.00 BBC News Regional News Weather. 12.10 Live Formula 1 Monaco Grand Prix: Qualifying. The battle for pole position in Monte Carlo. (Starts time 100pm) 2.15 Live Golf: The PGA Championship Coverage of the final round from Wentworth. 4.50 Penn&Teller Celebrities. 5.40 BBC News Regional News Weather

6.00 My Family. The Harpers attend a couples' retreat in a bid to improve their marriage. (R)

6.30 The Voice UK: The Semi Final. The last eight singers perform individually and with their coaches ahead of next week's final – and with only four places up for grabs the competition will be tougher than ever. The results can be seen tomorrow at 7.15pm

7.30 The National Lottery Saturday Night Draws. John Part style reveals the all-important winning numbers.

8.00 Eurovision Song Contest 2012. Graham Norton commentates on the musical extravaganza from the Crystal Hall in Baku, Azerbaijan as Engelbert Humperdinck tries to become the first UK winner since 1997

11.15 BBC News Weather. National Lottery Update.

11.35 FILM The Girl Next Door (2004) Romantic comedy starring Emile Hirsch.

1.15 Weatherview. 1.20 BBC News

BBC2

6.00 Cbeebies. 7.00 CBBC. 12.00 Film: A Double Life (1947) Theatrical drama starring Ronald Colman. 1.45 Film: William Shakespeare's The Merchant of Venice (2004) Shakespearean drama starring Al Pacino. 3.00 Escape to the Country. (R) 4.00 Live Golf: The PGA Championship: Coverage of the final day's play from Wentworth.

6.00 Flog It! The team visits St Albans.

Hip fordshire.

6.55 Dad's Army. The platoon mans the beer lighthouse. (R)

7.10 Chelsea Flower Show 2012. Alan Titchmarsh, Nicki Chapman and Chris Beardshaw discover which of the show gardens has been voted the winner of the RHS People's Award. Last in the series.

8.15 Arts Troubleshooter. The first in two documentaries exploring the work of late expert Michael Lynch at organisations whose futures are under threat beginning with Northern Ballet.

9.15 A Picture of London. Eyewitness accounts and visual records charting the city's history.

10.15 Dara O Briain This is the Show. The comedian performs at Hammersmith Apollo. (R)

11.15 2point2 Goes Eurovision. His turn the contest. (R)

12.15 Film: Brooklyn Rules. (2007) Drama, starring Freddie Prinze Jr. 1.45 Film: El Dorado (2007) Premiere. Comedy with Celeb Treasure. 3.20 Close

ITV1

6.00 GMTV. Mid GMTV. 9.25 GMTV. 9.25 Saturday Cookbook. 9.30 ITV News. 9.35 The Saturday Morning Show. USA. 10.25 The Jeremy Kyle Show. USA. 11.20 The Real Housewives of New York City. 12.15 Murder, She Wrote. (R) 1.15 The Planet's Funniest Animals. (R) 1.40 ITV News Weather. 1.45 Film: Agatha Christie's Dead Man's Folly. The Belgian Murder mystery starring Peter Ustinov. 3.30 Film: Goldfinger (1964) Adventure starring Sean Connery. 5.00 Regional News Weather. 5.45 ITV News Weather

6.00 You've Been Framed! Full Throttle. Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile-phone footage featuring jet-boarders, show-offs and particularly clumsy cyclists.

7.00 Live International Football. Norway v England. Kick-off 7.45pm. Coverage of the evening's friendly international at the Ullevaal Stadium in Oslo, as Roy Hodgson takes control of England for the first time.

10.00 ITV News Weather

10.15 International Football. Norway v England. Highlights of the friendly international at the Ullevaal Stadium in Oslo, as Roy Hodgson took control of England for the first time since being appointed Three Lions boss.

10.40 FILM: The Matrix. (1999) Sci-fi action thriller, with Keanu Reeves.

1.05 This State. ITV News Headlines. 2.00 In Plain Sight. (R) 3.55 ITV News Weather. 4.00 Lighthearted. 5.30 ITV morning news

Channel 4

6.10 Sat Mash. (R) 8.15 The Hoobs. (R) 8.40 The Hoobs. (R) 9.05 Fresh Prince. (R) 9.30 Fresh Prince. (R) 9.55 The Big Bang Theory. (R) 10.20 The Simpsons. (R) 12.00 Paralympic World Cup Live: Coverage of the wheelchair basketball finals. 1.50 Drills and Passing Live: coverage from Haydock Park Goodwood York and the Curragh. 3.50 Come Dine with Me. (R) 4.25 Come Dine with Me. (R) 4.50 Come Dine with Me. (R) 5.25 Come Dine with Me. (R)

9.00 Cricket 4 Fans.

9.00 FILM: The Lord of the Rings: The Two Towers. (2002) Frodo and Sam's quest to destroy the ring brings more evil when they come face to face with an former owner. Part two of the fantasy trilogy starring Elijah Wood and Sean Astin.

12.00 FILM: X-Men: The Last Stand. (2006) The resident heroes battle old ally Jean Grey, returned from the dead as the destructive and seemingly unstoppable Phoenix. The third instalment of the superhero saga starring Hugh Jackman and Ian McKellen.

10.00 4 the weight is... 12.10 Paralympic World Cup Highlights: Action from the Manchester Regional Arena. 1.15 Stand Up for the Week. (R) 2.00 Film: The Business. (2004) Drama, starring Daniel Brühl and Sienna Guillory. 4.00 Smallville. (R) 5.00 3: Elsewhere. Mormon atheists: a drug rehab programme. (R) 5.35 Countdown. (R)

Channel 5

6.00 Milkshake! 10.00 Animal Rescuers Squad. (R) 10.30 The Secret Show. World Tour. (R) 11.20 Police Interceptors. (R) 12.30 New Emergency Divers. (R) 1.20 Film: Tall Man Riding. (1955) Western starring Randolph Scott. 3.00 Film: Man from God's Country. (1958) Western starring George Montgomery. 4.50 Home Time Unforgiven. (1960) Western, starring Burt Lancaster.

6.05 5 News Weekend.

7.00 Cricket on 5. England v West Indies Mark Nicholas presents highlights of the second day of the Second Test at Trent Bridge in Nottingham, where the three-match series continued.

8.00 NCIS: A Matter of Life and Death. Gibbs and McGee are while trying to save the life of the Belgravian defence secretary and the team is asked to probe the murder of a Mossad agent who was also stationed in America. (R)

9.00 CSI: NY. Mac is seriously wounded in a shooting. Last in the series.

10.00 Law & Order: Special Victims Unit. A single murder quickly becomes a case involving three bodies.

11.00 Law & Order: Special Victims Unit. Munch investigates the rape and beating of a male girl.

11.50 Forensic Files. (R)

12.15 SuperSearch. 3.55 Great Artists. (R) 4.50 Rough Guide to Weekend Breaks. (R) 5.05 Heidi's Holidays. (R) 5.15. The Milkshake Show. (R) 5.35 Thomas 5. Friends. (R) 5.45 Ready the Racing Car. (R)

Digital

ITV2
3.25 All Star Family Fortunes. 5.00 Film: Free Willy (1993) 7.00 Film: Happy Feet (2006) Animated adventure with the voices of Hugh Jackman, Brittany Murphy, Nicole Kidman and Hugh Jackman. Including Fri Only. 8.00 Film: American Pie: The Wedding (2003) The third instalment in the comedy series with Jason Biggs, Alyson Hannigan, Seann William Scott, Eddie Kaye Thomas and Eugene Levy. 11.00 Britain's Got More Talent: Funniest Moments

ITV3
6.15 Sherlock Holmes: The Hound of the Baskervilles. 6.45 Agatha Christie's Marple. 8.35 Agatha Christie's Poirot. 8.00 Doc Martin. 9.00 Above 11.00 Film: Suprise and the Ride Again (1973)

ITV4
2.25 Film: Basquiat (1996) 6.10 Ewe 2012: Preview Show. 6.40 Film: Every Which Way But Loose (1978) 8.00 Wonder. 9.00 Film: Boxing Sundae (1974) 11.00 Premiership Rugby Union

BBC THREE
7.00 Doctor Who. 7.45 Doctor Who: Confidential. 8.00 Top Gear. 9.00 Russell Howard's Good News Extra. 9.50 Extra! More Shocking Moments. 11.20 Family Guy

BBC FOUR
7.00 Tale of the BBC. 8.00 Lost Kingdoms of Africa. 9.00 Sebastian Bergman. 10.30 Top of the Pops: 1977. 11.15 Ser and the Saturn

E4
3.00 Made in Chelsea. 6.00 Charlie's Angels. 8.00 How I Met Your Mother. 8.00 The Big Bang Theory. 8.00 Rules of Engagement. 8.30 How I Met Your Mother. 9.00 Film: Beverly Hills Cop III (1994) 11.00 The Big Bang Theory

FILM4
2.45 Flight of the Phoenix (2004) 4.55 The Man Who Knew Too Little (1997) 6.00 Another Stakeout (1993) 8.00 The Client (1994) 11.20 Deathwatch (2002)

Sunday TV

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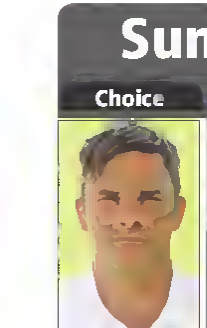


SOCCER AID 2012
ITV1, 6pm

Darrnot O'Leary presents the big game in aid of Unicef which sees hostelling heroes team up with celebrities for an England v Rest of the World match live from Old Trafford (Kick-off 5.00pm). Helen Williams captains the England team, managed by Harry Redknapp, and featuring former professionals Dawn Salaman, Teddy Sheringham and Martin Keown, plus stars Jason Isaacs, Mark Owen, Steven Humes, Ant Anstead, Mark Wright, Kenny Dalglish, Alan Merrydale, Kenny Dalglish manages the opposing team who will be looking for another win following the tense penalty shoot-out that ended in their victory two years ago.

BBC1

6.00 Breakfast. 9.00 The Andrew Marr Show. 10.00 Live Pentecost Praise from Brighton. A service from Church of Christ the King, Brighton. 11.00 Sunday Politics. Weather for the Week Ahead. 12.00 Live Formula 1 Monaco Grand Prix: The sixth round of the season from Monte Carlo. (Starts time 100pm) 2.15 The Queen's Palaces. (R) 4.30 Pride of Place. 5.15 Songs of Praise. 6.00 Chelsea Flower Show 2012. 8.00 BBC News Regional News Weather

9.10 Countryfile. 8.00 Hamper explores the Hunter Valley.

7.10 The Voice UK: The Semi-Final Results. Include performances by Kyla Minogue and Cheryl Cole.

9.00 Brilliant Academy Television Awards. Dara O Briain hosts the ceremony in which Rolf Harris will receive the Bafta Fellowship and shares including This Is England's 88, Spooks and Make Me Smile for recognition.

10.00 BBC News Regional News Weather.

10.05 Have I Got a Bit Boxer News for You. Weatherman Sharon hosts with guests Andy Hamilton and Charlie Brooker.

11.10 Room 101 – Team Sleaze. (R) Fleur Mellor, Jamelia and Germaine Greer. (R)

11.00 The Football League Show.

12.40 Weatherview. 12.00 Sign Zone. Ewen McGregor. Cold Chain Mission. (R) 1.05 Healthy City. (R) 2.00 Fake Britain. (R) 3.25 Cash Smash. Railway Journeys. (R) 4.00 Great British Menu. (R) 4.30 BBC News

BBC2

6.00 Cbeebies. 7.00 CBBC. 10.00 Saturday Kitchen Best Bites. 11.30 Great British Menu. (R) 12.00 Film: As You Like It (2006) Shakespeare rom com set, starring Bryce Dallas Howard. 2.00 Rag It. (R) 2.30 Live Golf: The PGA Championship: Coverage of the fourth day's play from Wentworth

6.00 Rowing. Highlights of the second World Cup meeting of the season, which took place in Lucerne, Switzerland.

7.00 Singapore 1942: End of Empire. Part one of two. Why the fall of Singapore to Japanese forces in February 1942 proved to be a defining moment in all history, as well as the rest of Asia and the British Empire.

8.00 Indian Ocean with Simon Reeve. Simon finds out about tabadabaat in Sri Lanka, then moves on to Bangladesh, where he learns about one of the Indian Ocean's tallest growing industries, harvesting prawns for the West.

9.00 Coast. Exploring the history of Britain's harbours, visiting Newlyn, Barrow-in-Furness, Portsmouth, Aberdeen and Scarborough.

10.00 FILM: The Road. (2009) Perilous, post-apocalyptic drama, starring Viggo Mortensen.

11.40 Splendour. (R)

12.30 Grandma's House. (R) 12.40 Film: Twilight. (2002) Drama, starring Aaron Stanford. 1.50 KRC News. 4.00 Close

ITV1

6.00 GMTV. Mid GMTV. 9.25 GMTV. 9.25 Emmerdale. 9.55 TV News. 9.30 Ada's Britain. (R) 10.30 May the Best House Win. (R) 11.30 Long Lost Family. 12.30 ITV News Weather. 12.40 Octonauts. Real Deal. (R) 1.40 Murder She Wrote. (R) 2.40 Live French Open Tennis: Opening day of the second Grand Slam event of the year. 5.30 Regional News Weather. 6.00 ITV News Weather

8.00 Soccer Aid 2012. Robbie Williams and Michael Owen captain the pro-celebrity teams for the charity football match, live from Old Trafford, as England take on the Rest of the World (Kick-off 5.00pm). Subsequent programmes subject to change.

10.00 ITV News at Ten. Weather.

10.20 Smugglers Special. Documentary following detectives from the City of London Police as they tackle the endless gang smuggling counterfeit goods into world millions of pounds into Britain. Narrated by Samuel West. (R)

11.15 Premiership Rugby Union. Harlequins v Leicester Tigers. Highlights of the championship match at Twickenham, where this season's champions were comfortably thrashed by Craig Doyle and Martin Bayfield.

12.50 The Store. Home shopping ITV News Headlines. 2.15 Pets Allowed. (R) 3.00 Still England UK. 4.00 ITV Nightscreen. 5.30 ITV evening News.

Channel 4

6.20 The Hoobs. (R) 6.45 The Hoobs. (R) 7.10 Paralympic World Cup Highlights. (R) 8.05 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Sunday Brunch. 12.30 The Big Bang Theory. (R) 1.00 The Big Bang Theory. (R) 1.30 The Simpsons. (R) 2.00 The Simpsons. (R) 2.30 Film: Volcano. (1997) Disaster movie starring Tommy Lee Jones. 4.00 Deal or No Deal. 5.30 Film: St Trinian's. (2007) Comedy, starring Rupert Everett.

7.25 Channel 4 News.

7.00 Channel 4 Presents – Nathan Stephens "Warrior". A profile of the Paralympic javelin world champion, following him on a journey through London to Bridgend, Cardiff (R)

8.00 Come Dine with Me. Judges Special. Actress Cheryl Fergison, entertainer Lenny the ex-Atomic Kitten star Kerry Katona and ventriloquist Keith Harris take part in a Jubilee-themed edition of the show.

9.00 FILM: The Lovely Bones. (2009) A teenage girl murdered by a neighbour watches over both her family and her killer from the afterlife. Peter Jackson's fantasy drama starring Saoirse Ronan and Rachel Weisz.

11.35 FILM: A History of Violence. (2005) David Cronenberg's thriller with Viggo Mortensen.

6.00 Cartwheel. (R) 2.15 Journey Through the Night. (R) 2.25 Hollyoaks. (R) 4.35 Deal or No Deal. (R) 5.30 Countdown. (R)

Channel 5

6.00 Milkshake! Peppa Pig. 6.05 Ready the Racing Car. (R) 6.15 Fifi and the Flowertots. (R) 6.25 City of Friends. (R) 6.40 Harry Hill's TV Burp. Rupert Full of Dinosaurs. (R) 6.50 Casita Farm. (R) 6.55 Abby's Flying Fairy School. 7.00 Rockets and Custard. Tue. (R) 7.15 Bob the Builder: Pyjamas. (R) 7.25 Family! (R) 7.35 Noddy in Toyland. (R) 7.45 Ben and Emily's Great Adventures. (R) 7.50 Little Princess. (R) 8.00 Funny Valley. (R) 8.10 The Adventures of Bella Top. (R) and His Best Friend Carly. (R) 8.20 Angelina Ballerina. (R) 8.40 Rupert Bear. (R) 8.55 Ben and Holly's Little Kingdom. (R) 9.10 The Mr Men Show. (R) 8.20 Ready the Racing Car. (R) 8.35 The Milkshake! Show. (R) 10.00 Meerkat Manor. (R) 10.50 Grey's Anatomy. (R) 11.20 The Restaurant Inspector. (R) 12.20 Film: Fetish Adams. (1998) Comedy drama with Robin Williams. 2.00 Film: Peter's Grand Adventure. The Search for Christopher Robin. (1997) Animated adventure with the voice of Jim Cummings. 4.00 Film: The Hunchback of Notre Dame. (1996) Disney animation with the voices of Tom Hulce and Demi Moore. 5.50 Elizabeth I: A Diamond Jubilee Celebration

6.05 5 News Weekend.

7.00 Cricket on 5.

5.00 Once Upon a Time

5.00 Britain's Funniest Comedy Characters. Celebration of small screen comedy creations.

11.50 Comedy Kings: Best of Just for Laughs. (R)

12.20 The Walking Dead. (R) 1.15 SuperCasino. 4.00 The FBI Files. (R) 4.55 Rough Guide to Ibiza. 5.00 Harrods Helpline. (R) 5.30 The Milkshake Show. (R) 5.35 Thomas 5. Friends. (R) 5.00 Ready the Racing Car. (R)

Digital

ITV2
4.00 Britain's Got More Talent: Funniest Moments. 5.00 Film: Free Willy 2: The Adventure Home (1995) 300 Film: About a Boy (2002) Romance comedy starring Hugh Grant and Toni Collette. 8.00 Benidorm: The Orchids let slow lead him in trouble with the police. 10.00 The Only Way Is Essex. 10.45 The Enclosure. 11.15 Film: Die Another Day (2002)

ITV3
1.50 Rosemary & Thyme. 6.00 Live French Open Tennis: Coverage from Roland Garros. 8.00 Midsomer Murders: An elderly villager is found trampled. 11.30 Wycliffe. 11.20 Cracker

ITV4
2.40 Live Indian Premier League: Drama Coverage of the final at the MA Chidambaram Stadium in Chennai. 8.00 Premiership Rugby Union. 8.00 Clubs with Clemence. 10.00 Sunset And Extra Time. 11.00 Film: The Endeavour (1974)

BBC THREE
2.00 Formula 1 Monaco Grand Prix: Highlights. 3.40 Film: Pirates of the Caribbean: The Curse of the Black Pearl (2003) 10.00 Family Guy. 10.45 Americas Best. 11.30 Snog, Marry, Avoid?

BBC FOUR
2.00 Nature's World. 5.00 Cabin Fever. Wed. 9.00 Imagine: Wild Season – A Cut Above. 10.10 We'll Take Manhattan. 11.00 Pink Floyd: Wish You Were Here

E4
6.00 Ugly Betty. 4.30 Glee. 8.30 2012. 9.20 The Big Bang Theory. 7.20 Film: Catherine Marin (1992) 9.00 Desperate Housewives. 11.00 2 Broke Girls. 11.30 Dont Trust the S**** in Apartment 23

FILM4
5.00 Carry On Behind (1975) 6.55 Bee Season (2005) 8.00 Funniest Four: Five of the Silver Surfer (2007) 5.00 Snow White and the Huntsman: Interview Special. 5.00 Saving Private Ryan (1998)

Monday

BBC1
6.00 Breakfast 9.15 Fake Britain 10.00 Homes Under the Hammer 10.30 BBC News Weather 11.00 Celebrity Trap (R) 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.40 Doctors 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Peerless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 How to Heat Pain BBC News Regional News 8.00 EastEnders 8.30 Euro 2012 Customs at Hale Penrhyn 9.00 Chelsworth 10.00 BBC News 10.30 Regional News Weather 11.30 A Question of Sport 11.05 The One Girl Rips Jeans (R) 11.30 The Graham Norton Show (R) 12.05 Weatherwise 12.30 Sign Zone Divine Women (R) 1.30 Children's Angels in Monday (R) 4.00 Great British Railway Journeys (R) 2.30 The 1952 Show (R) 5.14 Great British Menu (R) 4.10 BBC News

BBC2
7.00 Chivalrous 7.00 CBBC 8.30 Beebies 11.30 Film A West in the Sun (1945) Several World War adventure with Dale Andrews 1.30 Indian Restaurant (R) 2.10 Weakest Link (R) 2.40 Her Hunters (R) 3.00 Hairy Bikers' Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where You Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Great British Menu 8.00 Springwatch 2012 9.00 Afghanistan: The Great Game – A Personal View by Rory Stewart 10.00 Seasonal of the 70s 2 Soul – Keep On Keeping On 10.30 Newsnight Weather 11.20 Dean Burdens The Race of Smash the German Dame (R) 12.00 BBC News 3.10 The Super League Show 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.30 This Morning Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News, Weather 2.00 May the Best House Win 3.00 Deliciously Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 5.30 Regional News, Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 The Queen and I 8.30 Coronation Street 9.00 Sit Up 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Pam in the UESR 2.8 Up 12.00 Jackpot247 ITV News Headlines 2.35 The Jeremy Kyle Show (R) 5.30 ITV Nightscreen 4.35 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
5.15 The Hooks (R) 6.30 The Hooks (R) 7.05 Channel 4 Presents – Liz Johnson 'Night Swimmer' (R) 7.10 Freshly Squeezed 7.35 Amazing Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Friends (R) 9.00 Undercover Boss Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Feud in a Bed (R) 12.35 SuperScrimpers: Waste Not Want Not (R) 1.00 Film, Harry at Home, (1948) Family drama, with Edmund Gwenn 3.05 Channel 4 Presents – London Dreaming (R) 3.10 Countdown 4.30 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.00 Throughly 8.00 The Real Mr & Mrs Assett Channel 4 Debates (R) 9.00 Alan Carr: Chatty Man (R) 12.15 Poker 1.10 KOFV Boxing Weekly 1.40 Sailing: Americas Cup Unreserved 2.05 The Chase (R) 2.30 Deal or No Deal 2.55 Fireworks on 4 3.30 FIA GT1 World Championship 6.00 Hosts to London 2012: The Paralympic Show (R) 5.10 Channel 4 Presents – Lee Pearson 'Home Video' (R) 5.15 Best Encounters of the Sporting Mind: Sheepdog (R) 5.20 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 9.10 The Wright Stuff 11.10 LIVE with 12.10 News Lunchtime 12.15 Highland Emergency (R) 12.45 Highland Emergency (R) 1.10 Home and Away 1.45 Neighbours 2.15 The Mentalist (R) 5.05 Winter Solstice (R) 5.30 News at 5 5.30 Neighbours (R) 4.00 Home and Away (R) 6.30 5 News 5.30 7.00 Cricket on 5 8 News Update 8.00 The Gadget Show: World Tour 5 News at 9 9.00 Russians Extreme Fishing Challenge 10.00 The Walking Dead 11.00 Film The Wilker Man (2006) Horror remake starring Nicolas Cage 12.55 SuperCasino 4.00 House Doctor (R) 0.00 Divine Designs (R) 0.10 Wildlife SOS (R)

Tuesday

BBC1
6.00 Breakfast 9.15 Fake Britain 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Celebrity Trap (R) 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country (R) 3.00 BBC News, Weather Regional News 3.00 CBBC 5.15 Peerless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Holby City 9.00 Silk 10.00 BBC News 10.25 Regional News Weather National Lottery Update 10.35 The Apprentice: You're Fired 11.35 Film Prime (2008) Romantic comedy with Uma Thurman and Bryan Greenberg 1.15 Weatherwise 1.20 Sign Zone The Apprentice (R) 2.20 Hunger (R) 3.20 The 1952 Show (R) 4.00 Great British Menu (R) 4.30 BBC News

BBC2
6.00 Chivalrous 7.00 CBBC 8.30 Beebies 11.40 Film The Story of G.I. Joe (1945) Second World War drama with Burgess Meredith and Robert Mitchum 1.30 Indian Restaurant (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.45 Hairy Bikers' Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Great British Menu 8.00 Great Ormond Street 10.30 Dr (R) 10.30 Newsnight Weather 11.20 She Wolves: England's Early Queens 12.00 BBC News 4.00 BBC Learning Zone

ITV1
6.30 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Woman 1.30 ITV News, Weather 1.38 Regional News Weather 2.30 May the Best House Win 3.00 Deliciously Real Deal 3.30 Regional Weather 4.00 The Chase (R) 5.00 Emmerdale 7.30 Coronation Street 8.00 Jubilee Celebration Location (R) 11.00 The Royal Restoration 10.30 ITV News at Ten Weather 10.30 Regional News, Weather 10.35 Gamesfighters (R) 11.30 Hollyoaks Pure Unknown (R) 12.05 Jackpot247 ITV News Headlines 3.30 Loose Women (R) 3.25 ITV Nightscreen 3.30 ITV Morning News

Channel 4
6.10 Channel 4 Presents – Oscar Pistorius 'One Giant Leap' (R) 6.15 The Hooks (R) 6.30 The Hooks (R) 7.05 Freshly Squeezed 7.35 Amazing Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Friends (R) 9.00 Undercover Boss Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Feud in a Bed (R) 12.35 SuperScrimpers: Waste Not Want Not (R) 1.00 Film, Harry at Home, (1948) Family drama, with Edmund Gwenn 3.05 Channel 4 Presents – London Dreaming (R) 3.10 Countdown 4.30 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.00 Throughly 8.00 The Real Mr & Mrs Assett Channel 4 Debates (R) 9.00 Alan Carr: Chatty Man (R) 12.15 Poker 1.10 KOFV Boxing Weekly 1.40 Sailing: Americas Cup Unreserved 2.05 The Chase (R) 2.30 Deal or No Deal 2.55 Fireworks on 4 3.30 FIA GT1 World Championship 6.00 Hosts to London 2012: The Paralympic Show (R) 5.10 Channel 4 Presents – Lee Pearson 'Home Video' (R) 5.15 Best Encounters of the Sporting Mind: Sheepdog (R) 5.20 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 9.10 The Wright Stuff 11.10 LIVE with 12.10 News Lunchtime 12.15 Highland Emergency (R) 12.45 Highland Emergency (R) 1.10 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.05 Wife Selector (R) 5.00 5 News at 5 5.30 Neighbours (R) 4.00 Home and Away (R) 6.30 5 News at 5 5.30 7.00 Cricket on 5 8 News Update 8.00 War Hero in My Family 5 News at 9 9.00 CSI: Crime Scene Investigation, 10.00 CSI: NY (R) 10.30 CSI: Miami (R) 11.00 CSI: Miami (R) 12.30 SuperCasino 4.00 House Doctor (R) 0.00 Divine Designs (R) 0.10 Wildlife SOS (R)

Wednesday

BBC1
6.00 Breakfast 9.15 Fake Britain 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Celebrity Trap (R) 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt 1.00 BBC News Weather 1.30 Regional News Weather 1.40 Doctors 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Peerless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Rip Off Britain BBC News Regional News 8.30 DIY SOS The Big Build 9.00 The Apprentices 10.00 BBC News 10.25 Regional News Weather 10.35 The Apprentice: Lucy Weatherwax Is Fired 11.35 Film Deja Vu (2006) Sci-fi thriller, starring Denzel Washington Heaimal Lottery Update 12.00 Weatherwise 12.40 Sign Zone Sea Hear (R) 1.30 The 70s (R) 2.10 Great Shipwreck Beast (R) 3.15 The 1952 Show (R) 4.00 Great British Menu (R) 4.30 BBC News

BBC2
7.00 Chivalrous 7.00 CBBC 8.30 Beebies 11.30 Film Beyond the Rest (1960) Crime drama starring Dayton Ka'ne 1.00 See Hear (R) 1.30 Buy or Not to Buy (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.45 Hairy Bikers' Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Great British Menu 8.00 Springwatch 2012 9.00 Afghanistan: The Great Game – A Personal View by Rory Stewart 10.00 The Apprentice: You're Fired 10.30 Newsnight 11.20 She-Wolves: England's Early Queens 12.00 BBC News 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News, Weather 1.55 Regional News Weather 2.30 May the Best House Win 3.00 Deliciously Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 5.30 Regional News, Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Pamela Chapman: The Royal Restoration 10.30 ITV News at Ten Weather 10.30 Regional News, Weather 10.35 Gamesfighters (R) 11.30 Hollyoaks Pure Unknown (R) 12.05 Jackpot247 ITV News Headlines 3.30 Loose Women (R) 3.25 ITV Nightscreen 3.30 ITV Morning News

Channel 4
6.15 The Hooks (R) 6.30 The Hooks (R) 7.05 Freshly Squeezed 7.35 Amazing Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Friends (R) 9.00 Undercover Boss Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Feud in a Bed (R) 12.35 SuperScrimpers: Waste Not Want Not (R) 1.00 Film, Harry at Home, (1948) Family drama, with Edmund Gwenn 3.05 Channel 4 Presents – London Dreaming (R) 3.10 Countdown 4.30 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.00 Throughly 8.00 The Real Mr & Mrs Assett Channel 4 Debates (R) 9.00 Alan Carr: Chatty Man (R) 12.15 Poker 1.10 KOFV Boxing Weekly 1.40 Sailing: Americas Cup Unreserved 2.05 The Chase (R) 2.30 Deal or No Deal 2.55 Fireworks on 4 3.30 FIA GT1 World Championship 6.00 Hosts to London 2012: The Paralympic Show (R) 5.10 Channel 4 Presents – Lee Pearson 'Home Video' (R) 5.15 Best Encounters of the Sporting Mind: Sheepdog (R) 5.20 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 9.10 The Wright Stuff 11.10 LIVE with 12.10 News 12.15 Highland Emergency (R) 12.45 Highland Emergency (R) 1.10 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.05 Wife Selector (R) 5.00 5 News at 5 5.30 Neighbours (R) 4.00 Home and Away (R) 6.30 5 News at 5 5.30 7.00 Cricket on 5 8 News Update 8.00 War Hero in My Family 5 News at 9 9.00 NCIS 10.00 Law & Order Special Victims Unit (R) 10.55 Law & Order Special Victims Unit (R) 11.50 Film The Big Game, 12.50 SuperCasino 4.00 House Doctor (R) 4.25 Divine Designs (R) 0.10 Wildlife SOS (R)

Thursday

BBC1
6.00 Breakfast 9.15 Fake Britain 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Celebrity Trap (R) 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.40 Doctors 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Peerless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Brianne Leigh Peoples with Griff Rhys Jones 9.00 Chelsworth 10.00 BBC News 10.25 Regional News Weather 10.35 Chelsworth Update 10.40 Question Time 11.40 Film A Fish Called Wanda, (1988) Comic comedy starring John Cleese 1.30 Holiday Weatherwise 1.30 Sign Zone Euro 2012: Studume at Hyer Parliament (R) 2.00 Countryfile (R) 3.00 Antiques Roadshow (R) 4.00 The 1952 Show (R) 4.00 BBC News

BBC2
6.00 Chivalrous 7.00 CBBC 8.30 Beebies 11.30 Film The First of the Few (1942) Wartime biopic directed by and starring Leslie Howard 1.30 To Buy or Not to Buy (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.00 Hairy Bikers' Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Great British Menu 8.00 Springwatch 2012 9.00 Springwatch Unsprung 2012 9.30 The Mast Market: Inside Smithfield 10.30 Newsnight Weather 11.00 She-Wolves: England's Early Queens 12.00 BBC News 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News, Weather 1.55 Regional News Weather 2.30 May the Best House Win 3.00 Deliciously Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 5.30 Regional News, Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 The Parent Trap Tonight, 8.00 Emmerdale 9.30 Coronation Street 10.00 Long Last Family, 10.00 ITV News at Ten Weather 10.30 Regional News, Weather 10.35 Pennis Charles The Royal Restoration (R) 11.35 Piers Morgan's Life Stories: Jimmy Tarbuck (R) 12.30 Jackpot247 ITV News Headlines 3.00 The Parent Trap Tonight (R) 3.25 ITV Nightscreen 4.35 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.10 Sali Mak (R) 6.15 The Hooks (R) 6.30 The Hooks (R) 7.05 Freshly Squeezed 7.35 Amazing Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Friends (R) 9.00 Undercover Boss Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Feud in a Bed (R) 12.35 The Kitchen Pharmacy (R) 12.50 Film Legends Pun (1976) Sci-fi thriller, starring Michael York 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.55 4thoughtTV 8.00 PhD Spencer Secret Agent 8.00 Married to the Minotaur 10.00 24 Hours to Alfz (R) 11.05 Random Acts 11.10 Jimmy and the Giant Superpower Secret Agent 12.10 The Secret Millionaires, (R) 1.10 Escape to the Country 2.00 The Chase (R) 2.05 Unexpected Wealth (R) 2.30 The Real Mr & Mrs Assett Channel 4 Debates (R) 5.30 Hidden Talent (R) 3.00 Deal or No Deal (R) 4.50 Glamour Pads (R) 5.20 Countdown (R)

Channel 5
6.00 Milkshake! 9.10 The Wright Stuff 11.10 LIVE with 12.10 5 News Lunchtime 12.15 The Newsreaders Inspectre (R) 1.15 Home and Away 1.00 Neighbours 2.15 Law & Order (R) 3.20 Film Mulholland Falls, (1996) Mystery starring John Lamaquette. 0.00 5 News at 5 5.30 Neighbours (R) 4.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Police Interrogators (R) 8 News Update 8.00 World's Scariest Animal Attacks (R) 8 News at 9 9.00 The Restaurant Inspector 10.00 Film Hostel (2005) Horror starring Jay Hernandez 11.50 The Wand at Stupid Criminals, (R) 12.10 SuperCasino 3.05 House Doctor (R) 4.20 Divine Designs (R) 0.10 Wildlife SOS (R) 0.35 Michaela's Wild Challenge (R)

Friday

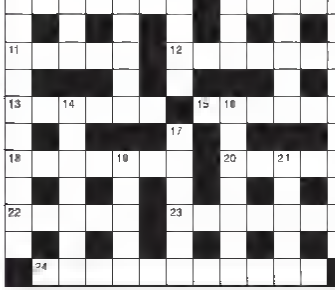
BBC1
6.00 Breakfast 9.15 Fake Britain 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Celebrity Trap (R) 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt 1.00 BBC News Weather 1.30 Regional News Weather 1.40 Doctors 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Peerless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 8.00 BBC News Regional News 8.00 A Jubilee Tribute to the Queen by the Prince of Wales 8.00 EastEnders 8.30 Have I Got News for You 10.00 BBC News 10.25 Regional News Weather 10.35 The Graham Norton Show 11.30 The National Lottery Friday Night Draws, 11.30 White Van Man 12.00 EastEnders 1.30 Weatherwise 2.00 Sign Zone Silk (R) 3.00 Question Time (R) 4.00 The 1952 Show (R) 4.00 BBC News

BBC2
7.00 Chivalrous 7.00 CBBC 8.30 Beebies 11.35 Film Cold Man Out (1934) Crime thriller starring James Mason 1.30 Racing Tube Lesson The Cake Including the 4.00 Investec Cup Final (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Diamond Jubilee – The Queen on Tour 8.00 Great British Menu 9.00 Gardeners' World 10.00 The Great British Story: A People's History 10.00 Landrise 10.30 Newsnight 11.00 The Review Show 11.40 Weather 11.50 Film Frida (2002) Award-winning biopic starring Salma Hayek 1.40 Film 2 10 Bio Moon 4.45 Close

ITV1
6.30 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 May the Best House Win 3.00 Deliciously Real Deal, 2.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 5.30 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Pamela Chapman: The Royal Restoration 10.30 ITV News at Ten Weather 10.30 Regional News, Weather 10.35 Film Under Lips, (1979) Comedy starring Peter Ustinov 12.35 The Bank ITV News Headlines, 2.00 Film The Towering Inferno (1974) Disaster movie starring Paul Newman and Steve McQueen 3.25 ITV Nightscreen 4.35 ITV Morning News

Channel 4
6.00 The Treats People (R) 6.15 Channel 4 Presents – Liz Johnson 'Night Swimmer' (R) 6.30 The Hooks (R) 6.45 The Hooks (R) 7.10 Freshly Squeezed 7.40 Amazing Jim (R) 8.05 Everybody Loves Raymond (R) 8.30 Friends (R) 9.00 Undercover News Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Summary 12.05 Feud in a Bed (R) 12.35 The Kitchen Pharmacy (R) 12.50 Film Battleground (1949) Second World War drama starring Van Johnson 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 5.40 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.30 Unexpected World 7.00 Although to 8.00 Come Dine with Me 8.00 4 Out of 10 Cats 8.30 Very Important People 10.00 Alan Carr: Chatty Man 11.05 Stand Up for the Week, 11.55 Channel 4's Comedy Gala (R) 2.25 Random Acts 2.30 My Name Is Earl (R) 2.00 Daily Show Money (R) 0.20 Crash Bang Wallop (R) 4.25 Home Road Movies, (R) 0.35 Deal or No Deal (R) 4.30 Countdown, (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with 12.10 5 News Lunchtime 12.15 The Restaurant Inspector (R) 1.10 Home and Away 1.00 Neighbours 2.15 Law & Order (R) 5.10 Film Cocktail, (2007) Romantic comedy starring Diane Fantay 8.00 5 News at 5 8.30 Neighbours (R) 4.00 Home and Away (R) 6.30 5 News at 6.30 7.00 War Hero in My Family (R) 5 News Update 8.00 The Olympic Aquatic Centre Mega Builders, 5 News at 9 9.00 The Mentalist 10.00 Castle 10.00 Law & Order Criminal Intent (R) 11.00 Inside Hollywood 12.00 SuperCasino 3.00 Motorsport Mundial 3.20 Divine Designs (R) 0.10 Michaela's Wild Challenge (R)



This week's crossword - Clues

Across

1 Situation (11)
9 On horseback (7)
10 Faint-hearted (5)
11 Consumed (5)
12. Overlook (7)
13 Derided (6)
15. Horrified (6)
18. Recount (7)
20 Accumulate (5)
22. River nymph (5)
23. Legend (7)
24 Informal (4-3-4)

Down

2. Frequent (5)
3. Train (7)
4. Kidnap (6)
5. Frequently (5)
7. Kind of lottery (7)
7. Temporary (11)
8. Publicity (11)
14 Conveyer (7)
16. Fight close (7)
17 Warning fire (6)
19 Muddle (5)
21. Wrongly (5)

Last week's solution

ACROSS 1 ASTONISH 5 SPED 9 PORT 10 STOLEN 11 AGREE 12 NURTURE 13 SPILL THE BEANS 18 CLASSIFY 19 IOTA 20 EDITION 21 LIVED 22 SEEK 23 REDDENED
DOWN 2 STOPGAP 3 OATMEAL 4 SIT ON THE FENCE 6 PRIMULA 7 DAGGERS 8 SCARAB 13 SUCCESS 14 IMAGINE 15 LASSIE 16 EDIFICE 17 NOTABLE

Food & Drink

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Success for Sainsbury's at 2012 Wine Competitions

SAINSBURY'S has been awarded top spot at the Harpers Awards, beating Waitrose, Morrisons and Majestic to the prize for Multiple Drinks Retailer of the Year. The grocer was praised for being most consistent across all areas of the business from supplier relationships, to innovation and customer offering.

The success at the Harpers Awards comes on top of Sainsbury's winning a total of 125 medals for its own label wines across the 2012 International Wine Challenge, Decanter World Wine Awards and The International Wine and Spirit Competition.

The medal haul includes two gold, 33 silver, 67 bronze and 23 commended medals, with an impressive 77% of the Taste the Difference range receiving an accolade.

Sainsbury's own label Champagne range also performed strongly with all five lines achieving silver medals and achieving 14 medals in total between them. To celebrate its success, today (23 May) the retailer is launching a 25% off promotion on all Champagnes until 12 June.

Category Manager Andy Phelps said: "We are incredibly proud of our range and it's fantastic to be awarded so many medals. Our buyers and winemakers work tirelessly to ensure the best quality across all our wines so this is a real achievement and testament to all their hard work. Here are all our medal winners, we hope you agree that they're worthy champions."

Birdham Barbeque Extravaganza!

■ Lifestyle specialists, Russell's Garden Centre, celebrate National BBQ Week

THE 28TH MAY through to 3rd June sees the 16th National Barbeque Week, a chance to celebrate all that is good about outdoor entertaining in the run up to the Diamond Jubilee.

To celebrate the event Russell's Garden Centre, based in Birdham, will be holding a BBQ Extravaganza to help their customers make the most of the summer.

"Outdoor living is a large part of what Russell's is all about, so helping our customers to find the right BBQ for them and create fabulous food seemed a wonderful opportunity" explains Lesley Philips owner of Russells.

"We'll have some great discounts on our BBQ's as well as special offers and tastings in our Deli we'll also have BBQ demonstrations and beautiful dining pieces in our 'lifestyle and living' area." Updates on all the offers will be advised in store and on Facebook to ensure customers are kept up to date.

With a wide range of BBQ's to suit all budgets and a fabulous variety of goodies in their boutique Deli the event will be the perfect run up to the Diamond Jubilee, helping customers to make their celebrations taste that much better!

For further information on this event or on Russell's Garden Centre and their boutique Deli visit www.russellsgardencentre.com or follow them on Facebook. Phone 01243 512525

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Doctors demand 20% 'fat tax' on unhealthy food

A TAX of at least 20% should be slapped on 'unhealthy' food and drinks to help tackle obesity, researchers claimed today.

Two articles in the influential British Medical Journal called for David Cameron to act on his on-going investigation into the feasibility of a so-called fat tax.

They claimed evidence showed taxing a wide range of unhealthy foods or nutrients would result in greater health benefits than narrow taxes, with the strongest evidence for a tax on sugary drinks.

But food and drink industry leaders blasted the idea as "irresponsible."

The BMJ research cited US research suggesting a 35% tax on sugar-sweetened drinks in a canteen had led to a 20% decline in sales.

Meanwhile, modeling studies predict a 20% tax on sugary drinks in the US would reduce obesity levels by 3.5%.

Researchers suggested that extending VAT – currently at 17.5% - to foods deemed unhealthy could prevent 2,700 deaths from heart disease in the UK each year.

Dr Oliver Mytton of the University of Oxford, who produced one of the reports, told The Grocer he believed the UK government's "mood is turning" in favour of a fat tax and called on the PM to set up an independent inquiry into the issue.

But Terry Jones of the FDF said the timing of such a move would be disastrous.

"When the whole of the food industry is focused on continuing to give hard-pressed families great-tasting food at an affordable price, discussion of adding 20% to food prices seems fanciful if not irresponsible," he said.

"Under the Public Health Responsibility Deal, we will continue to work with government and other stakeholders to make meaningful improvements in public health through pledges in areas such as salt and calorie reduction, and our commitment to improving the health of our employees."

In a second analysis paper in the BMJ, Corinna Hawkes of the Centre for Food Policy at City University London claimed the government needed to do more to encourage healthy eating.

"There remains a long way to go for food policies to reach their full potential," she said.

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The benefits of Sea Algae

Denise Kelly

MOST CLIENTS, in general that I see are deficient in minerals, vitamins and EFA's (Essential fatty acids) These problems can sometimes be solved by just adding something really simple into your diet, and for most of you that know me, I am sure you would understand that I would rather do this with food if possible, than add too many supplements into the mix.

However, sometimes certain foods seem a little alien to us, or we see them on the supermarket shelf and don't quite know what to do with them. Seaweed is definitely one of those foods, but read on to find out why including this in your diet can add so much goodness.

These saltwater power plants are the foods that invigorate and sustain Earth largest and most magnificent creature, the blue whale. The earth's richest soil is at the bottom of our oceans and the forests of seaweed that grow from this nutritious source are rich with powerful, life enhancing minerals and trace minerals. These elements are the conductors of electric frequency within each cell and from cell to cell. Appropriately, the minerals of the intestinal tract are, in fact, called electrolytes.

Our various coastlines, from France's to Brittany, to Ireland's Donegal, from Canada's province of Nova Scotia to the expansive coastline of China provide many nutritious types of seaweed for harvesting and consumption. Some of the most readily available seaweeds that we can find in our shops today are arame, dulse, hijiki, nori and wakame, but there are many others. Proteins (Amino Acids) are also plentiful in these foods. The uncooked form of each posses a unique combination of vitamins, hormones, oxygen, phytochemicals, and enzymes. The brain, cardiovascular system, nervous system, respiratory system, endocrine system, and the circulatory system all benefit from the consumption of theses vital gifts of nature.

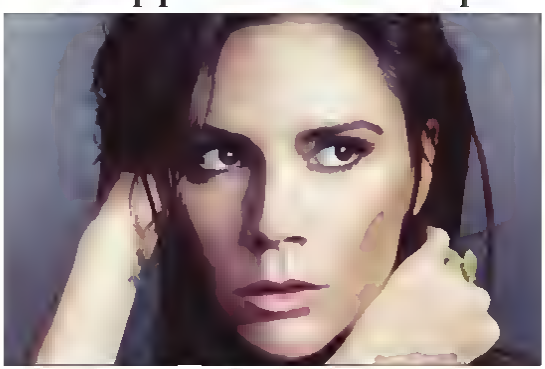
Sea Algae can enhance vision and hearing which are the two most common senses that tend to deteriorate with age. The calming effect of these powerful plants is both internal and external, so bathing in their extract and enjoying seaweed baths and wraps nourish and exhilarate the body, mind, emotions and spirit.

It's worth finding ways to include seaweeds in your daily diet because it is an unbelievably packed with rich natural nutrients, and easy and readily available to buy. Seaweeds can be included in many different ways to your food such as wraps, sprinkled on salads, added into soups and stews. Dulse is great as a salt substitute, where as Hijiki is a milder flavor that you can slip into foods un noticed by those who claim not to like seaweed! I think my children are included in that! Kelp is great for thyroid stimulation and cleansing, as well as weight loss, skin balancing and smoothness. Seaweeds are also great for lowering blood pressure, cholesterol and preventing that sudden rise of blood sugar levels.

You can find most of these seaweeds in good health stores and supermarkets so enjoy experimenting with them and feel the difference in your health!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040. www.denisekelly.co.uk

Kiwi sheep placenta makes Posh spicier



THE PLACENTA of New Zealand sheep is being heralded as helping former Spice Girl Victoria Beckham maintain a radiant glow thanks to a bizarre facial treatment.

Kiwi sheep placenta combined with gold flakes has been reported as a Hollywood fad joining a growing list of unorthodox beauty treatments for celebrities like Beckham.

The Daily Mail says the former Posh Spice is a regular customer of Beverly Hills dermatologist Dr Harold Lancer who is quoted as only using "prime New Zealand livestock" for his sheep placenta treatment.

The facials, aimed at harnessing "the power of the sheep's stem cells", cost £320 per visit.

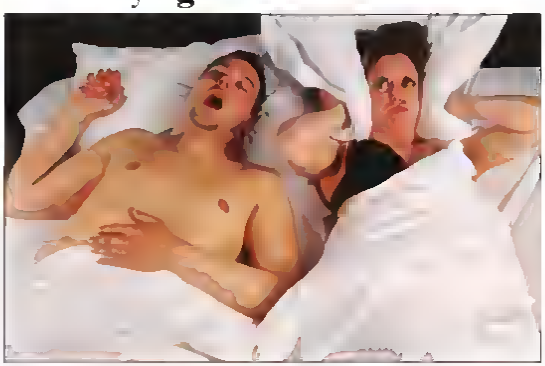
Dr Lancer said he used New Zealand sheep that were "completely untouched by the modern world".

"The stem cells we harvest are amniotic cells, which means no harm is caused to the animals," he said.

"The stem cells are preserved because they are full of rich nutrients that fight free-radical damage to the skin and make it more radiant."

Beckham is also said to be a devotee of a "nightingale poop" facial made from the excrement of a rare bird found only on the Japanese island of Kyushu, the Daily Mail reported.

People who snore 'have heightened risk of dying from cancer'



THE LINK may be due to an inadequate supply of oxygen, which experts say promotes tumour growth in mice with skin cancer.

The US research looked at two decades of sleep and breathing testing on 1,500 people.

Participants underwent tests that included measurements of breathing and sleep over four years, with the results showing an association with cancer death that increased sharply with SDB severity.

People with mild SDB were found to be 0.1 times more likely to die from cancer than those without the problem. However, moderate SDB doubled the risk of cancer death and severe SDB increased the risk 4.5 times.

Commenting on the study, Dr Javier Nieto, from the University of Wisconsin School of Medicine and Public Health, who led the research, said: "The consistency of the evidence from the animal experiments and this new epidemiologic evidence in humans is highly compelling.

"In vitro (laboratory) and animal studies suggest that intermittent hypoxia promotes angiogenesis and tumour growth, which can explain these observations."

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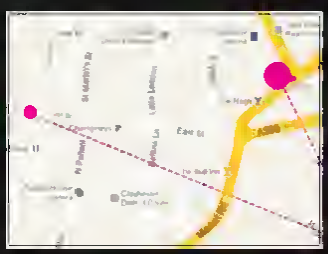

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Fashion

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Sir Tom creates fashion waves on the high street

GREAT NEWS for struggling TV talent show The Voice, elderly judge Sir Tom Jones has sparked a fashion revival in men over the age of sixty

The obvious on screen elegance of Sir Tom, who will be seventy two next month, has finally inspired fellow British pensioners to spruce up their dowdy image, new sales figures have revealed

Said Lizzie Singleton, spokesperson for Debenhams, "Sir Tom is persuading the nation's elderly men to throw away their pipe and slippers and follow his advice to become sex bombs".

Sales of slim fit, sharply tailored suits similar like the singer wears have rocketed since Sir Tom began to appear on the BBC programme, says fashion store Debenhams

The retailer has reported a 20% increase in their fashion forward, slim cut brand, Red Line. Sales of the range are peaking online during the times that 'The Voice' airs as people log on to Debenhams.com as they watch the Welsh crooner.

The top three best selling suits online have been from the Red Line collection with the number one suit being a silver grey style, very similar to Tom' favourite.

Victoria Beckham to open her own London store

THE DESIGNER MECCA that is London's Bond Street could be about to have a new kid on the block as Victoria Beckham has revealed she plans to open her very own shop in the capital.

Following the huge success of her own fashion line the former Spice Girl told CNN that she is now working on opening a flagship store

"People say, 'am I going to have my own store?' I would love to That's what I'm working on a the moment

"That'll probably be in London but in the not too-distant future, you know, maybe it will be in Hong Kong. Who knows?"

Posh also revealed plans to expand her clothing empire into Asia, saying "What I do really is not just focus on the US or England. I mean there are a lot of territories that are really big for me and Asia is very exciting.

"I'm just scratching the surface at the moment. I want take baby steps with this business; I don't want to run before I can walk.'

Madonna signs Georgia May to line

MADONNA has tapped Georgia May Jagger as the newest face of her Material Girl line

The 53-year-old star's clothing range with her daughter Lourdes regularly features a celebrity face and now Georgia is set to star in advertisements for the newest Juniors line

According to WWD, the 20-year-old star will appear in a "back-to-school campaign for the brand"

Georgia is thrilled about the new appointment

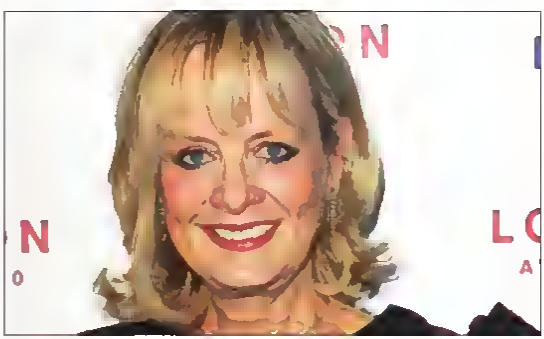
To be handpicked by Madonna and Lola [Lourdes] as the new face of Material Girl is truly amazing," she gushed to the fashion website

Madonna's Material Girl line is stocked exclusively at Macy's in the US and The Bay in Canada and is set to launch in Europe and Australia this summer

Georgia is no stranger to advertising campaigns. The daughter of Sir Mick Jagger is also the face of Hudson Jeans and Rimmel Cosmetics. She stars in a range of TV commercials for the beauty giant

Previous celebrity faces of the Material Girl line include Kelly Osbourne and Taylor Momsen

Twiggy hosts festival fashion show



TWIGGY is rolling back the years to her 1960s heyday by hosting a fashion show at a summer festival.

The 62-year-old model will be at the Vintage Festival in July showing off the styles that made her the face of swinging London as a teenager

She said: "It's fabulous to be part of the 1960s style scene in the UK. It was a decade full of fun, creativity and innovation and a time when music and fashion really came together."

The festival, in the grounds of Boughton House, Northamptonshire, is founded by fashion designer Wayne Hemingway and will also feature performances by St Etienne and Chic.

Wayne said: "Twiggy is undeniably one of the most recognisable and timeless models of all time and the look she pioneered in the 1960s still resonates and looks fresh today.

"Her style was a breath of fresh air, a complete contrast to other models of the period, the real queen of mod. It's certainly going to be an event not to be missed."

Twiggy, who recently appeared in a string of Marks and Spencer adverts, was a fixture on the capital's social scene in the 1960s where her trademark short hair and androgynous style made her a star.

The model - born Lesley Hornby - also appeared in films and musicals and released a string of singles in the 1970s including top 20 hit Here I Go Again

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Chelsea Flower Show dazzles celebrities and public

THE SUN CAME OUT as the world-famous Chelsea Flower Show opened its doors to the public on Tuesday, with more than 500 exhibitors showcasing their talents for up to 157,000 visitors including the Queen.

The show, featuring gardens, educational displays, flower arrangements and garden product exhibitions, includes a series of features marking the Diamond Jubilee.

Queen Elizabeth, visiting for a sneak preview on Monday, seemed particularly taken with three floral corgis installed at the edge of a Diamond Jubilee Garden.

The dogs came with a bowl, bone and play ball all wreathed from bronze and double white chrysanthemums.

Other celebrities who have already taken a sneak peek at the show include former Beatle Ringo Starr, actor Michael Came and Who frontman Roger Daltrey.

A garden celebrating topiary scooped best in show on Tuesday, handing designer Cleve West the accolade for the second year running.

TV gardener Joe Swift also won for his Homebase Teenage Cancer Trust garden, constructed as a "dry garden" focusing on sustainability and water resources.

Swift was among several dropped as co-presenters of the BBC's coverage of the flower show this week because of their garden's sponsorship deals.

Left right clockwise: The Queen took a sneak peek of the Chelsea Flower Show yesterday [illegible] [illegible] [illegible]

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Inside: Local sales and rentals | Coastguards | Wivenheads | Sussex Properties | Feature Properties

Feature Property

CHICHESTER £[illegible]

A very well presented second floor two bedroom flat built by Berkeley Homes in a much sought after development, within 200 meters of East Street. The property has a lift service to all floors and there is a bright spacious open plan sitting room opening onto a superb fitted kitchen. The Master bedroom has a shower room ensuite and there is a further double bedroom and full bathroom. There is a single private car parking space outside the building. Vacant Possession. Internal inspection strongly recommended!

Gilbert and Cleveland Chichester T: 01243 532626 gilbertandcleveland.co.uk

Feature Property

SELSEY £469,950

This amazing three bedroom detached bungalow has come to the market offering spacious and flexible accommodation. the bungalow has a beautiful conservatory overlooking the garden, fitted kitchen and bathroom, separate living room and dining room. The bungalow has permission for two bedrooms, bathroom and galleried landing upstairs. There is ample parking to the front of the property with access down the side of the bungalow leading to a second detached property. This one bedroom bungalow has an open plan kitchen/living room with shower room and integral garage. These properties need to be seen to appreciate the space and accommodation.

Selsey properties T: 01243 603901 W: www.selsey-properties.co.uk

Feature Property

WISTGATE £410,000

A Grade II listed period cottage located just outside the city walls. The cottage has a garage, with electric door, and back pedestrian access from this to the garden. Many original features including ceiling beams and fireplaces are visible. The Main bedroom is on the ground floor and has en suite facilities. There is a further bedroom and a study which are accompanied by the main bathroom. The property further enjoys a Southerly facing patio garden to rear.

Gascoigne-Pees Chichester T: 01243 787711 E: chichester@gpees.co.uk

Feature Property

SELSEY £189,950

This Three Bedroom Semi Detached Chalet Style House is situated in a pleasant cul de sac East of the Village Centre close to shopping facilities, bus route and seafront. The property benefits UPVC Double Glazing, UPVC Facias and Guttering and Gas Central Heating. Accommodation comprises: Hall, Cloakroom, Lounge, Kitchen/Breakfast Room, Three Bedrooms and a Bathroom. There are Gardens to the Front and Rear of the property. Driveway and Garage. No Forward Chain.

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ALDWICK BAY ESTATE **£495,000**

An extended detached character house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H. u.P.V.C. dble glazing, spacious dual aspect reception area partially separated into a front sitting rm with inner lounge/dining rm, kit/breakfast rm, utility rm, an office/study, gr.f. bedroom (currently used as a further reception rm) with en suite shower rm, master bedrm with dressing area & en suite shower rm, second bedrm, bathrm, small garage/store room and well screened gdns.

ALDWICK **£675,000**

A detached detach from house in small private estate, gas c.h. u.P.V.C. double glazed, security alarm, dual aspect ground floor sitting/dining room, kitchen/breakfast room, utility room, dual aspect lounge on mezzanine floor, master bedroom with en suite bathroom and balcony, two further double bedrooms, second bathroom, double garage. South facing rear garden, unobstructed SEA VIEWS, direct private beach access.

ALDWICK BAY ESTATE **£565,000**

A three bedroom detached Tudor style house in private marine estate approx. 400 yards from the private beach. Refurbished by the current owners with modern wiring, plumbing and heating, cavity wall insulation, lounge, dining room, kitchen/breakfast room, bathroom, shower room, balcony, garage. South facing rear garden.

ALDWICK **£349,950**

A detached Georgian style house situated in a cul-de-sac within half a mile of shopping facilities and approx. 1/4 of a mile to the beach. G.f.h., u.P.V.C. dble glazing, cloakroom, dual aspect living room, a dual aspect fitted kit/breakfast rm, four bedrooms, bathroom, garage and a South facing rear garden.

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS.

PAGHAM **£235,000**

A detached two bedroom bungalow situated in a residential location around 400 yards from the beach and local shops. G.F.H., u.P.V.C. dble glazing, u.P.V.C. fascias & soffits, dual aspect lounge, full width double glazed conservatory, fitted kitchen, shower room with large cubicle, timber garage & gardens including a paved rear garden with freestanding caravan (habitable room).

ALDWICK **£159,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area.

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Suzuki dealers unite for nationwide test ride event

SUZUKI dealers across the UK will unite from this weekend onwards, as a nationwide test ride roadshow kicks off, supported by Suzuki GB with additional demonstrators, sales incentives and more.

With virtually every dealer involved in the four month long promotion, participating dealers will offer increased test ride opportunities on their specific day, thanks to an additional fleet of test machines supplied by Suzuki GB. They will also be supported by Suzuki GB headquarters staff too, with some very special on-the-day only offers.

Suzuki GB General Manager, Paul de Lusignan, commented, "We're delighted that the dealer network has come together to be able to put on this nationwide event. We understand that it's not always possible for every dealer to have every model available for demonstration, so with some additional models that we bring to each event, combined with some special offers and the added support from Suzuki GB staff too, we hope this will be a great series of events for all who attend."

Mazda CX-5 earns five stars from Euro NCAP

MAZDA'S all-new CX-5 is officially one of the safest cars in the world after receiving five-stars – the highest possible safety rating – from Euro NCAP.

The CX-5, a compact crossover SUV that went on sale in the UK earlier this month, achieved top marks in all four safety categories. Its grades for adult occupant protection, child occupant protection and safety assist systems (94 percent, 87 percent and 80 percent respectively) were well above the 80 percent, 75 percent and 60 percent thresholds required in each category to collect the maximum five stars. Mazda's latest model attained the maximum safety rating despite being subject to the higher pedestrian protection standards introduced by Euro NCAP in 2012, an area in which vehicles must now score at least 00 percent.

After the Mazda3 and Mazda6, the CX-5 is the third Mazda model to earn five stars from Euro NCAP since the introduction of its new rating system in 2009. The scores in each category are determined based on several crash tests, including a 64km/h (40mph) frontal collision, 50km/h (32mph) vehicle-to-vehicle side impact, 20km/h (18mph) pole side impact, and 40km/h (25mph) simulated pedestrian impact. Among other active and passive safety measures, Euro NCAP also evaluated the CX-5's Dynamic Stability Control (DSC) system, Mazda's equivalent to electronic stability control (ESC).

The first of a new generation of Mazda models, the CX-5 is the first equipped with the innovative new SKYACTIV body. With the aim of developing the ideal car body, Mazda's engineers went back to the drawing board, rethinking the fundamental principles of structure, materials and manufacturing methods.

As a result, high-tensile steels comprise 61 percent of the body. In particular, beams inside the front and rear bumpers are made from 1,800 MPa ultra high tensile steel – the strongest ever used in a production car. The Mazda CX-5 therefore not only delivers superior crash safety, but is also extremely lightweight. Mazda plans to use the SKYACTIV body in all of its new-generation products.

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Cash Price	47 Monthly Payments	First Payment	BMV	Deposit	Total Charge For Credit
£0,000.00	£000.00	£000.00	£0,000.00	£0,000.00	£0,000.00
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9 images per vehicle on-line

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Motorsport

Goodwood set to thrill

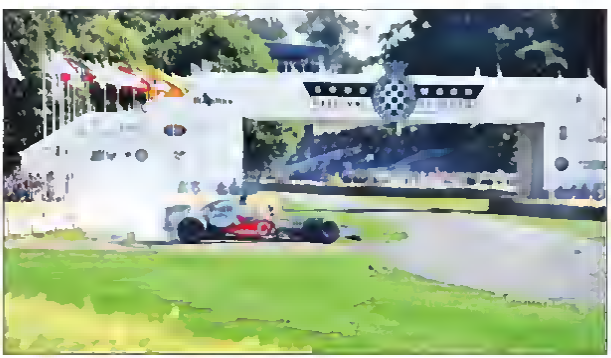
• WITH just a few weeks still to go, Goodwood is already able to confirm around 100 top drivers, riders and famous faces for the 2012 Festival of Speed
• Star motor sport competitors in action will include Sebastian Vettel, Jenson Button, Lewis Hamilton, Alain Prost, Nico Rosberg, Mark Webber, Kenny Roberts and Steve Webster

In less than two months the 2012 Festival of Speed will get underway with Goodwood welcoming more than 100 top drivers, riders and famous faces to the world's greatest celebration of motor sport and car culture

The Festival of Speed remains unique in its ability to attract the majority of the current season's Formula 1 teams and drivers, with at least seven of the 2012 F1 teams confirmed for Goodwood These GP teams will include Red Bull Racing, Scuderia Ferrari, Vodafone McLaren Racing, Lotus, Mercedes GP, Williams and Caterham. Current F1 drivers and leading characters in action at the Festival will include current double World Champion Sebastian Vettel, plus the two previous World Champions, Jenson Button and Lewis Hamilton Mark Webber, Nico Rosberg, Bruno Senna, Christian Horner and Adrian Newey will also be in action up the 1.16-mile Goodwood hillclimb.

Past Grand Prix masters present at this summer's Festival of Speed will include Alain Prost, Sir Stirling Moss, Sir Jackie Stewart, John Surtees, Nick Heidfeld, Jochen Mass, Emerson Fittipaldi, Martin Donnelly and Alex Wurz, all joining a roll-call of other motor sport stars at Goodwood that reads like a Who's Who of motor racing

From the world of rallying, drivers Juho Hanninen, Thierry Neuville, Jan Kopecky and Skoda UK Motorsport's 2011 IRC Champion, Andreas Mikkelsen will be on the Forest Rally Stage, along with many other rallying greats who will be reacquainted with the cars that made them famous, including Juha Kankkunen, Rauno Aaltonen, Jimmy McRae, Hannu Mikkola and Russell Brookes TV stars James Martin and Jesse James will also be in action on the Forest Rally Stage



Motorcycling heroes will include big name riders such as three-time 500cc World Champion Kenny Roberts, 1987 World Champion Wayne Gardner, present British MotoGP hero Cal Crutchlow, 13-time World Superbike race winner Aaron Slight, seven-time GP victor Henk van Kessel, plus legends Neil Hodgson, James Ellison, Steve Parrish, Guy Martin, Stuart Graham, Shane 'Shakey' Byrne, Stuart Easton, and Sammy Miller, among many others Joining them from the exciting world of sidecar racing will be the winner of a staggering 10 world titles, Steve Webster, partnered by three-time World Champion Paul Woodhead

All of the drivers and riders participating in this summer's Festival of Speed will appear on the walkway leading into the exclusive BlackRock Drivers' Club throughout the event, giving Festival goers and fans the rare opportunity to see their heroes up close, and possibly even have a word or two with them too!

The latest summary of the drivers and riders due to appear at the 2012 Festival of Speed, along with the vehicles they will be running up the 1.16-mile Goodwood hillclimb, is available via this news page

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Hinsh leaves Selsey

Boss departs for Burgess Hill Town as Selsey seek new boss

SELSEY Football Club is on the search for a new manager after former boss Adam Hinshelwood left the club this week.

The former Albion defender resigned as manager of Selsey to become Ian Chapman's No. 2 at Burgess Hill Town for the new season.

Popular Hinshelwood admitted joining Burgess Hill was an opportunity he could not refuse.

The former boss, who led Selsey to this seasons RUR Cup Final, said: "I have always been ambitious and the club have been aware that I want to be involved at the highest level I can. It has been a very difficult decision to make but the lure of working with Ian, who I greatly admire and respect, was too much to turn down. Living in the village and having many friends at the club have made the decision to leave Selsey a tough one but I feel this is the right move for me."

Chairman of Selsey Football Club, David Lee, said he reluctantly accepted Adam's resignation and but wished him the best of luck for his future.

He said: "I am disappointed that Adam has decided to leave us, but we knew that he wanted to manage at the highest level he could and I wish him all the best in his new position and for the future. The club would like to thank him for taking on the managerial role at the club last year and for making an immediate impact in getting our first team through to the final of the RUR Cup. He is an extremely likeable young man and thoroughly hard working. Having had the unfortunate bad luck that he has had with injuries he could quite easily have given up on the game. However, he is taking his coaching badges and has thrown himself into football at this level and I am sure, with his determination, will prove to be successful."

The position of First Team manager is now vacant and applications for the position are being invited. Anybody who is interested in the vacancy should contact the Chairman, David Lee, in writing, which should include their CV, via post to the club or email info@junomortgages.co.uk.

Closing date 31st May 2012.

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